



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Your symptoms today suggest a **viral infection**:

- Cold     Flu     Pharyngitis     Bronchitis/Chest Cold

Flu, colds and 90% of sore throats are viral infections. **Antibiotics will not help and may cause harm.** Using no antibiotic is therefore safer and your infection will get better just as quickly.

**Some suggestions for treating your symptoms:**

- Drink plenty of fluids and get as much extra rest as possible.
- Throat pain is lessened by sucking on hard candy or ice chips or by gargling salt water (1/4 tsp. salt in 1 cup warm water).
- Acetaminophen (Tylenol<sup>®</sup>, Tempra<sup>®</sup>) or ibuprofen (Motrin<sup>®</sup>, Advil<sup>®</sup>) help to relieve stubborn viral aches and fever.
- Ask your pharmacist's advice for relief of cough, congestion, fever or aching.

**Please return to see your usual family physician if:**

- Your symptoms are getting worse instead of better.
- You develop a new or higher fever.
- You are not noticing improvement in \_\_\_\_\_ days.
- **Please inform the doctor of any other medical conditions such as asthma, heart disease, diabetes, cancer or immune disorder.**

\_\_\_\_\_ M.D.

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