

For Your Child's VIRAL INFECTION

Name: _____

Date: / /

Diagnosis:



- Cold or flu
 Cough
 Middle ear fluid

- Viral sore throat
 Other: _____

Info:



- A **VIRUS** is causing your child's illness.
- Antibiotics **DO NOT** cure viral infections, and can be harmful if taken when not needed.

Medicine to Use



- Fever or aches: _____
 Congestion: _____
 Cough: _____
 Ear pain: _____

Follow the package instructions or the *doctor's instructions*.

For Comfort:



- Give your child extra water and juices.
- Use a cool mist humidifier or saline nose drops or spray to relieve congestion.
- Use popsicles or sherbet for a sore throat.
- Keep your child away from cigarette smoke.

Call Us If:



- Fever persists for more than ____ days
- Breathing becomes rapid, loud, or difficult
- Child is very sluggish or very irritable
- Condition is getting worse
- Not any better in ____ days

Other:

- If your child is better in ____ days, he/she may return to normal activities.
- _____

Signed: _____

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