



For Your VIRAL INFECTION


Name: _____ Date: ____ / ____ / ____


- Diagnosis:**  Cold or flu Viral sore throat
 Cough Other: _____

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

- Medicine Use:** 
 - Fever or aches: _____
 - Congestion: _____
 - Cough: _____
 - _____
 - _____
 - _____

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

- Comfort:** 
 - Drink 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 away from cigarette smoke.

- Call Us If:** 
 - Fever persists for more than ____ days
 - Breathing becomes fast or difficult
 - Condition is getting worse
 - Not any better in ____ days

Other: _____

Read: _____

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