



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

Date: \_\_\_/\_\_\_/\_\_\_



**Diagnosis:**

- Cold or Flu
- Middle ear fluid (Otitis Media with Effusion, OME)
- Cough
- Viral Sore Throat
- Other: \_\_\_\_\_

You have been diagnosed with an illness caused by a virus. **Antibiotics do not cure viral infections.** If given when not needed, antibiotics can be harmful. The treatments prescribed below will help you feel better while your body's own defenses are fighting the virus.

**General Instructions:**

- Drink extra water and juice.
- Use cool mist vaporizer or saline nasal spray to relieve congestion.
- For sore throats, use ice chips or sore throat spray; lozenges for older children and adults.

**Specific medicines:**

- Fever or aches:
- Ear pain:
- \_\_\_\_\_
- \_\_\_\_\_

Use medicines according to the package instructions or as directed by your doctor. Stop the medication when the symptoms get better.

**Follow up:**

- If not improved in \_\_\_ days, if new symptoms occur, or if you have other concerns, please call or return to the office for a recheck.
- Other: \_\_\_\_\_



Signed: \_\_\_\_\_