

Name: _____ Date: ____/____/____

- Diagnosis:** Cold or Flu Middle ear fluid (Otitis Media with Effusion, OME)
 Cough Viral sore throat
 Other: _____

Rx

You have been diagnosed as having an illness caused by a virus.

Antibiotic treatment does 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 defeating the virus.

General instructions:

- Increase fluids.
- Use cool mist vaporizer or saline nasal spray to relieve congestion.
- Soothe throat with ice chips, or sore throat spray; lozenges for older children and adults.

Specific medicines:

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

Use medicines as directed by your doctor or the package instructions. 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: _____

