

# Symptom Relief for Viral Illnesses



**BE  
ANTIBIOTICS  
AWARE**  
SMART USE, BEST CARE

## 1. DIAGNOSIS

- Cold or cough

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- Middle ear fluid  
(Otitis Media with Effusion, OME)

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- Flu

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- Viral sore throat

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- Bronchitis

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- Other:

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You have been diagnosed with an illness caused by a virus. Antibiotics do not work on viruses. When antibiotics aren't needed, they won't help you, and the side effects could still hurt you. The treatments prescribed below will help you feel better while your body fights off the virus.

## 2. GENERAL INSTRUCTIONS

- Drink extra water and fluids.

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- Use a cool mist vaporizer or saline nasal spray to relieve congestion.

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- For sore throats in older children and adults, use ice chips, sore throat spray, or lozenges.

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- Use honey to relieve cough. Do not give honey to an infant younger than 1.

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## 3. SPECIFIC MEDICINES

- Fever or aches:

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- Ear pain:

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- Sore throat and congestion:

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

## 4. FOLLOW UP

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

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- Phone:

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- Other:

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

To learn more about antibiotic prescribing and use, visit [www.cdc.gov/antibiotic-use](http://www.cdc.gov/antibiotic-use).

