



You have been diagnosed with an illness caused by a virus. **Antibiotic treatment does NOT work for viral infections**, and if given, it may cause you harm. The prescription below will help you feel better while your body's own defenses are getting rid of the virus.

Patient name _____ Date _____

GENERAL INSTRUCTIONS:

- Rest
- Avoid alcohol, smoke and fumes
- Drink extra water and other liquids
- For congestion, use cool mist vaporizer or saline nasal spray
- For sore throat, suck on ice chips or use over the counter sore throat spray or lozenges (older children and adults only)
- Use honey to relieve a cough (Do not give honey to an infant less than 1 year old)

SPECIFIC MEDICATIONS:

- For cough: use a cough syrup with **dextromethorphan (DM)**.
- For difficulties in coughing up thick mucus: use an expectorant such as **guaifenesin**. Also, drink a lot of clear fluids to help alleviate this symptom.
- For sneezing or a runny nose or eye: use an **antihistamine** such as diphenhydramine.
- For nasal stuffiness: use a **decongestant** such as phenylephrine.
- If you are wheezing, you may need a prescription for an inhaler (beta agonist).
- Other _____

FOLLOW UP:

If you are not improved in _____ days, if new symptoms occur or if you have concerns, please call the office at _____ or return to the office for a re-check.

Additional instructions: _____

This health alert is courtesy of:

