



Pediatric viral prescription

Patient name _____ Date _____

Your child has been diagnosed with an illness caused by a virus. **Antibiotic treatment does NOT work for viral infections**, and if given, may cause harm. The suggestions below may help your child feel better while the body's own defenses are fighting off the virus. Only treat symptoms if they cause discomfort, interrupt sleep, or bother your child.

GENERAL INSTRUCTIONS:

- Rest**
- Drink extra water and other liquids**
- Use honey to relieve a cough** (do not give honey to an infant less than 1 year old)
- Use a cool mist humidifier for congestion**
- Elevate the head of the bed**
- Use a saline nasal spray and bulb syringe for congestion**
- For sore throat, suck on ice chips or use over the counter lozenges**
(for children over 12 years old)
- Use diphenhydramine** (ie, Benadryl) **for runny noses as needed**
(for children over 12 years old)
- Fevers:** Use acetaminophen and ibuprofen as directed; in infants less than 3 months, contact the office if rectal temp is above 100.4.

If your child starts wheezing, contact the office.

FOLLOW UP:

If your child's symptoms do not improve 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:

