

Viral Infection Care

Patient name: _____

Date: _____

The symptoms you presented with today suggest a viral infection:

- Viral pharyngitis (sore throat)
- Acute sinusitis (sinus infection)
- Viral respiratory infection (coughs can continue for 4-6 weeks)

You have not been given antibiotics because they will not help with your viral illness.

Unnecessary antibiotic use can contribute to antibiotics not working in the future when needed to treat bacterial infections.

Antibiotics side effects include diarrhea, rash, disturbing gut microbiome and, rarely, allergic reactions, kidney or liver damage.

When you have a viral infection, it is very important to get plenty of rest and give your body time to fight off the virus.

If you follow these instructions, you should feel better soon:

- Rest as much as possible
- Drink plenty of fluids
- Wash your hands frequently to avoid spreading the infection
- For fever and pain relief take acetaminophen or ibuprofen

Please return to your provider if:

- Symptoms do not improve in ____ day(s), or worsen at any time
- You develop persistent fever (above 38°C, or _____ as directed)
- Other: _____

Prescriber: _____