Rx ADULT

Patient name: _____

Date: _____

The symptoms you presented with today suggest a viral infection:

Upper respiratory tract infection (common cold): Cough can last 3-4 weeks
Acute bronchitis: Cough can last 3-4 weeks
Viral pharyngitis (sore throat)
Acute sinusitis (sinus infection)
Suspected/confirmed COVID-19
Other viral respiratory infection

Antibiotics have not been prescribed because antibiotics do not treat viral infections.

Unnecessary antibiotic use can contribute to antibiotics not working in the future when needed to treat bacterial infections, can cause side effects (e.g., diarrhea, rash), and in rare events allergic reactions, kidney injury or liver injury.

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 and try to stay home to avoid spreading the infection
- Consider the following medications and speak to your pharmacist about what is best for you.

  - Acetaminophen (e.g., Tylenol) for fever and aches
  - Ibuprofen (e.g., Advil, Motrin) for fever and aches
  - Naproxen (e.g., Aleve) for fever and aches
  - Lozenge (cough candy) for sore throat
  - Nasal saline (e.g., Salinex) for nasal congestion

Please return to your provider if:

- Symptoms do not improve in 7-10 day(s), or worsen at any time
- You develop persistent fever (above 38°C)