

Your Viral Infection



- Diagnosis:**
- | | |
|--|--|
| <input type="checkbox"/> Upper Respiratory Infection | <input type="checkbox"/> Viral Sore Throat |
| <input type="checkbox"/> Bronchitis (chest cold) | <input type="checkbox"/> Middle Ear Fluid |
| <input type="checkbox"/> Sinusitis | <input type="checkbox"/> Other _____ |

Info:



- A **virus** is causing your illness
- Most viral infections last 1 – 2 weeks
- Antibiotics **do not** cure viral infections, and can be harmful if taken when not needed

To relieve symptoms:



- Get adequate rest
- Drink lots of fluids
- Have chicken soup
- Use a clean, cool mist vaporizer or warm steam to relieve congestion
- Keep your home smoke-free
- Ice chips, throat lozenges, or dilute salt water gargle for sore throats

Medication:



- Throat spray for sore throat
- Decongestants
- Saline nose drops for stuffy nose*
- Acetaminophen or ibuprofen for pain or fever*
- Other _____

*Dose: Follow the package insert for dosage, or your doctor's instruction.

Call us if:

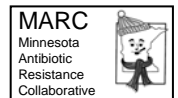


- Your condition is getting worse
- Fever persists for more than ____ days
- New symptoms appear
- You are not any better in ____ days
- Other _____

Patient 's Name

Clinic Phone Number

Date



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