

# Your Child's Viral Infection



## Diagnosis:

- Cold  Viral Sore Throat  
 Bronchitis (chest cold)  Other \_\_\_\_\_  
 Middle Ear Fluid

## Info:



- A **virus** is causing your child's illness
- Most viral infections get better with time, usually 1 - 2 weeks
- Antibiotics **do not** cure viral infections, and can be harmful if taken when not needed

## What can be done at home:



- Allow extra sleep / nap time / more time at home
- Give lots of fluids (water, juice)
- Use a clean, cool mist vaporizer or warm steam in the bathroom
- Keep your home smoke-free
- Offer popsicles or sherbet for sore throat

## Medication:



- Saline nose drops for stuffy nose\*  
 Acetaminophen or ibuprofen for pain or fever\*

\*Dose: Follow the package insert for your child's age and weight, or your doctor's instruction.

## Call us if:

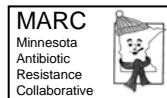


- Fever persists for more than \_\_\_\_ days
- Breathing becomes fast, loud, or difficult
- Child is very sluggish or very fussy
- Condition is getting worse
- Child is not any better in \_\_\_\_ days
- Other \_\_\_\_\_

\_\_\_\_\_  
Patient's Name

\_\_\_\_\_  
Clinic Phone Number

\_\_\_\_\_  
Date



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