

Rx Patient Name: _____

Date: _____

The symptoms you presented with today suggest a **VIRAL** infection.

- ☐ Upper Respiratory Tract Infection (Common Cold): Lasts 7-14 days
- ☐ Flu: Lasts 7-14 days
- ☐ Acute Pharyngitis ("Sore Throat"): Lasts 3-7 days, up to ≤ 10 days
- ☐ Acute Bronchitis/"Chest Cold": Lasts 7-17 days
- ☐ Acute Sinusitis ("Sinus Infection"): Lasts 7-14 days



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.

You have **not** been prescribed antibiotics because
antibiotics are not effective in treating viral infections,
can cause side effects (e.g. diarrhea, yeast infections)
and may even cause serious harm.

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

- * Rest as much as possible
- * Drink plenty of fluids
- * Wash your hands frequently
- * Take over-the-counter medication, as advised:

- ☐ Acetaminophen (e.g. Tylenol®) for fever and aches
- ☐ Ibuprofen (e.g. Advil®) for fever and aches
- ☐ Naproxen (e.g. Aleve®) for fever and aches
- ☐ Lozenges for sore throat
- ☐ Nasal spray (contact your provider for recommendations) for nasal stuffiness.

{NOTE: observe label directions; some products are problematic if overused!}

☐ Other: _____

Please contact your provider if:

- * Symptoms do not improve in _ day(s), or worsen at any time
- * Other: _____

Prescriber: _____



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