

Name: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

- Diagnosis:**
- Cold or flu
  - Middle ear fluid
  - Cough
  - Viral sore throat
  - Other: \_\_\_\_\_

**R<sub>x</sub>**

You have been diagnosed with an illness caused by a virus.  
**Antibiotic treatment does not help viral infections.**

If given when not needed, antibiotics can be harmful. The treatments prescribed below will help you feel better while your body's own defenses are defeating the virus.

**General instructions:**

- Increase fluids.
- Use a cool mist vaporizer or saline nasal spray to relieve congestion.
- Soothe throat with ice chips or sore throat spray; older children and adults can use lozenges.

**Specific medicines:**

- Fever or aches:
- Ear pain:
- \_\_\_\_\_ : \_\_\_\_\_
- \_\_\_\_\_ : \_\_\_\_\_

Use medicines as directed by your doctor or the package instructions. Stop the medication when the symptoms improve.

**Follow-up:**

- If your illness does not improve in \_\_\_\_ days, or if you have new symptoms or other concerns, please call or return to the office for a recheck.
- \_\_\_\_\_
- \_\_\_\_\_

Signed: \_\_\_\_\_



Oregon AWARE  
800 N.E. Oregon Street, Suite 772  
Portland, OR 97232  
971-673-1111