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: __________________________

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www.healthoregon.org/antibiotics