

Viral Prescription Pad

Patient Name: _____

Date: _____

You have a viral infection and do not need an antibiotic. Antibiotics do not cure viruses and the side effects could harm you. The treatments below will help you feel better while your body fights off the virus.

DIAGNOSIS

- | | |
|---|--|
| <input type="checkbox"/> Cold or cough | <input type="checkbox"/> Viral sore throat |
| <input type="checkbox"/> Flu (influenza) | <input type="checkbox"/> Bronchitis |
| <input type="checkbox"/> Middle ear fluid
(otitis media with effusion) | <input type="checkbox"/> Sinusitis |
| | <input type="checkbox"/> Other: _____ |

GENERAL SYMPTOM RELIEF

- Drink extra water and other fluids
- Use a cool mist vaporizer or saline nasal spray to relieve congestion (do not use saline nasal spray in kids under 4 years old)
- For sore throats in adults and children over 4 years old, use sore throat spray or lozenges
- Use honey to relieve cough (do not give honey to an infant under 1 year old)

SPECIFIC MEDICATIONS

- Fever or aches: _____
- Ear pain: _____
- Sore throat: _____
- Congestion: _____
- Other: _____

Always use medications according to the package instructions or as directed by your health care provider. Stop the medication when symptoms get better.

FOLLOW-UP

- If symptoms have not improved in _____ days/hours, if new symptoms occur, or if you have other concerns, please call or return to the office for a recheck.
- Phone: _____
- Other: _____

Signed: _____

Learn more about antibiotic prescribing and use:

MDH - Antimicrobial Resistance and Stewardship: www.health.state.mn.us/diseases/antibioticresistance

CDC - Antibiotic Prescribing and Use: www.cdc.gov/antibiotic-use

11/2018

To obtain this information in a different format, call: 651-201-5414.