The Centers for Disease Control and Prevention provides a “Symptomatic Relief for Viral Illnesses Prescription Pad” which can be accessed here: www.cdc.gov/getsmart/community/materials-references/print-materials/hcp/index.html

Name: ____________________________
Date: ______/_____/_______

Diagnosis:
○ Cold
○ Cough
○ Flu
○ Middle ear fluid (Otitis Media with Effusion, OME)
○ Viral sore throat
○ Other: ____________________________

You have been diagnosed with an illness caused by a virus. **Antibiotics do not cure 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 fighting the virus.

General instructions:
○ Drink extra water and juice.
○ Use a cool mist vaporizer or saline nasal spray to relieve congestion.
○ For sore throats, use ice chips or sore throat spray; lozenges for older children and adults.

Specific medicines:
○ Fever or aches:
○ Ear pain:
○ ____________________________________________
○ ____________________________________________

Use medicines according to the package instructions or as directed by your healthcare provider. Stop the medication when the symptoms get better.

Follow up:
○ If not improved in _____ days, if new symptoms occur, or if you have other concerns, please call or return to the office for a recheck.

○ Other: ____________________________________________

Signed: ____________________________

For More Information call 1-800-CDC-INFO
or visit www.cdc.gov/getsmart