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