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

**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