

# Rx

Patient Name : \_\_\_\_\_ Date : \_\_\_\_\_

**The symptoms you presented with today suggest a VIRAL infection.**

- Upper Respiratory Tract Infection (Common Cold) : Lasts 7-14 days
- Flu : Lasts 7-14 days
- Acute Pharyngitis ("Sore Throat") : Lasts 3-7 days, up to  $\leq 10$  days
- Acute Bronchitis/"Chest Cold" (Cough) : Lasts 7-21 days
- Acute Sinusitis ("Sinus Infection") : Lasts 7-14 days

**You have not been prescribed antibiotics because antibiotics are not effective in treating viral infections. Antibiotics can cause side effects (e.g. diarrhea, yeast infections) and may cause serious harms such as severe diarrhea, allergic reactions, kidney or liver injury.**

When you have a viral infection, it is very important to get plenty of rest and give your body time to fight off the virus.

**If you follow these instructions, you should feel better soon :**

- »→ Rest as much as possible
- »→ Drink plenty of fluids
- »→ Wash your hands frequently
- »→ Take over-the-counter medication, as advised :

- Acetaminophen (e.g. Tylenol®) for fever and aches
- Ibuprofen (e.g. Advil®) for fever and aches
- Naproxen (e.g. Aleve®) for fever and aches
- Lozenge (cough candy) for sore throat
- Nasal Saline (e.g. Salinex®) for nasal congestion
- Other : saline sinus rinses, oral decongestants(cold/sinus tablets), honey or OTC cough syrup

(e.g. Nasal decongestant if Salinex® does not work, for short-term use only!)

**Please return to your provider if :**

- »→ Symptoms do not improve in 5-7 day(s), or worsen at any time
- »→ You develop persistent fever (above 38°C, or \_\_\_\_\_ as directed)
- »→ Other : you have other concerns

**Prescriber** \_\_\_\_\_



This "Viral Prescription Pad" has been adapted from the RQHR Antimicrobial Stewardship Program [www.rqhealth.ca/antimicrobialstewardship](http://www.rqhealth.ca/antimicrobialstewardship), and is available in other languages. <http://www.rxfiles.ca/rxfiles/uploads/documents/ABX-Viral-Prescription-Pad-Languages.pdf>

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