



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

- Viral Upper Respiratory Tract Infection (Common Cold): Lasts 7 to 14 days
- Flu: Lasts 7 to 14 days
- Acute Pharyngitis ("Sore Throat"): Lasts 5 to 7 days
- Acute Bronchitis/"Chest Cold" (Cough): Lasts 2 to 14 days; Cough can last 3 to 4 weeks
- Acute Sinusitis ("Sinus Infection"): Lasts 10 to 14 days
- Otitis Media ("Middle Ear Infection"): Sharp pain is usually gone in 1 to 3 days
- Gastroenteritis ("Stomach Infection"): Lasts 1 to 3 days

You have not been prescribed antibiotics because **antibiotics are not effective in treating viral infections** and may even **cause serious harm**.

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 (_____glasses/day; 1 glass = 1 cup or 250mL)
- Wash your hands frequently
- Take over-the-counter medication (consult with a health care professional):
 - Acetaminophen (e.g., Tylenol®) for fever and aches
 - Ibuprofen (e.g., Advil®) for fever and aches
 - Lozenge (cough candy) for sore throat
 - Nasal spray (e.g., Salinex®) for nasal stuffiness
 - Dimenhydrinate (e.g., Gravol®) for nausea
 - Other: _____

Please return to your prescriber if:

- Symptoms get worse / do not improve in _____day(s)
- You develop a high fever (above _____°C/_____°F)
- Other: _____

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www.rqhealth.ca/asp

Prescriber

