

Rx



For Pediatric Patients (Ages 6 to 12 Years)

Patient Name: _____

Date (mm/dd/yyyy): _____

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The symptoms your child presented with today suggest a viral respiratory 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

Please return to your prescriber if:



- Symptoms get worse / do not improve in _____ day(s)
- The child develops a persistent high fever (above _____°C/_____°F)
- The child is not eating or is vomiting
- Other:



* Over-the-counter cough and cold medications should never be used for children under 6 years of age without consulting a health care provider



Provider

Your child has not been prescribed antibiotics because antibiotics are not effective in treating viral infections and may even cause serious harm.



Following these instructions will help your child feel better soon:

- Ensure that the child gets rest as much as possible
- The child should get adequate fluids (_____ glasses/day; 1 glass = 1 cup or 250 ml)
- Washing hands frequently will prevent the spread of infection
- Take over-the-counter medication* (speak with a pharmacist for appropriate dosing in children):

- Acetaminophen (e.g., Children's Tylenol®) for fever and aches
- Ibuprofen (e.g., Children's Advil®) for fever and aches
- Lozenge (cough candy) for sore throat (where not a choking hazard)
- Nasal spray (e.g., Children's Salinex®) for nasal stuffiness
- Pasteurized honey (½ - 2 tsp at bedtime) for managing cough in children
- Other:



Saskatchewan Health Authority

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