

# R<sub>x</sub> For Your Child's Viral Infection

Name: \_\_\_\_\_

Date:     /     /

**Diagnosis:**

- Cold or flu
- Viral sore throat
- Cough
- Other: \_\_\_\_\_
- Middle ear fluid

**Info:**



- A **virus** is causing your child's illness.
- Antibiotics **do not** cure viral infections, and can be harmful if taken when not needed.

**Medicine to Use:**



- Fever or aches: \_\_\_\_\_
- Congestion: \_\_\_\_\_
- Cough: \_\_\_\_\_
- Ear pain: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Follow the **package** instructions or the **doctor's** instructions.*

**For Comfort:**



- Give your child extra water and juices.
- Use a cool mist humidifier or saline nose drops or spray to relieve congestion.
- Use popsicles or sherbet for a sore throat.
- Keep your child away from cigarette smoke.

**Call Us If:**



- Fever persists for more than \_\_\_\_ days
- Breathing becomes rapid, loud, or difficult
- Child is very sluggish or very irritable
- Condition is getting worse
- Not any better in \_\_\_\_ days

**Other:**

- If your child is better in \_\_\_\_ days, he/she may return to normal activities.
- \_\_\_\_\_
- \_\_\_\_\_

**Signed:** \_\_\_\_\_