Symptom Relief for Viral Illnesses



DIAGNOSIS	2. GENERAL INSTRUCTIONS
Cold or cough	Orink extra water and fluids.
Middle ear fluid (Otitis Media with Effusion, OME)	Use a cool mist vaporizer or saline nasal spray to relieve congestion.
Flu	For sore throats in older children and adults, use ice chips, sore throat spray, or lozenges. Use honey to relieve cough. Do not give honey to an infant younger than 1.
Viral sore throat	
Bronchitis	
Other:	
You have been diagnosed with an illness caused by a virus. Antibiotics do not work on viruses. When antibiotics aren't needed, they won't help you, and the side effects could still hurt you. The treatments prescribed below will help you feel better while your body fights off the virus.	
. SPECIFIC MEDICINES	4. FOLLOW UP
	·
Fever or aches:	If not improved in days/hours, if new symptoms occur, or if you have
Fever or aches: Ear pain:	
	new symptoms occur, or if you have other concerns, please call or return to

To learn more about antibiotic prescribing and use, visit **www.cdc.gov/antibiotic-use**.

