

**The symptoms your child presented with today suggest a VIRAL infection.**

- Upper Respiratory Tract Infection ("Common Cold"): Cough can last 3-4 weeks
- Bronchiolitis/Bronchitis: Cough can last 3-4 weeks
- Viral Pharyngitis ("Sore Throat")
- Otitis Media ("Middle Ear Infection")
- Acute Sinusitis ("Sinus Infection")
- Suspected/Confirmed COVID-19
- Other Viral Respiratory Infection

**Your child has 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.**

Follow these instructions to help your child feel better as their body fights off the virus:

- »→ Ensure they drink plenty of fluids and get plenty of rest
  - »→ Wash their hands frequently and keep them home to avoid spreading the infection to others
  - »→ Use the following over-the-counter medications as needed to help with symptoms **(talk to your primary care provider or pharmacist for appropriate dosages)**
  - »→ **Do NOT give Aspirin® or over-the-counter cough & cold medicines to children**
- Acetaminophen (e.g. Tylenol®) for fever and aches
  - Ibuprofen (e.g. Advil®, Motrin®) for fever and aches
  - Nasal Saline drops or spray (e.g. Salinex®) for nasal congestion
  - Pasteurized Honey for cough ONLY if child over 12 months of age <sup>1 teaspoon at</sup> bedtime up to 3 days
  - Other: \_\_\_\_\_

**Please return to your provider or seek more immediate medical care if:**

- »→ Your child has persistent fever (above 38°C) for \_\_\_\_ days
- »→ Your child's symptoms do not improve in \_\_\_\_ day(s), or worsens at any time
- »→ Your child cannot hydrate properly (e.g. persistent vomiting or not drinking)
- »→ Other: \_\_\_\_\_

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

