
 **Diagnosis:** Your symptoms suggest you have a viral infection.

- Common cold** (upper respiratory tract infection): Lasts 7 to 14 days
- Flu:** Lasts 7 to 14 days
- Sore throat** (acute pharyngitis): Lasts 3 to 10 days
- Chest cold or cough** (acute bronchitis): Lasts 7 to 21 days
- Sinus infection** (acute sinusitis): Lasts 7 to 14 days

 **Treatment:** These are steps you can take to feel better.

- ✓ **Rest as much as possible.**
- ✓ **Drink plenty of fluids.**
- ✓ **Wash your hands frequently.**
- ✓ **Take over-the-counter medicines to help manage your symptoms:**
 - Acetaminophen (such as Tylenol) for fever and aches.
 - Ibuprofen (such as Advil) for fever and aches.
 - Naproxen (such as Aleve) for fever and aches.
 - Lozenges for sore throat.
 - Nasal saline for nasal congestion.
 - Other: _____

Remember: Your body needs time to fight the virus. Antibiotics do not work against viral infections and instead can cause unwanted side effects.

When to Call Your Doctor

- ✓ **Your symptoms do not get better in _____ days or they get worse.**
- ✓ **You develop persistent fever** (temperature above 100.4F° or _____).
- ✓ Other: _____

Signed: _____ **Date:** _____