

SYMPTOM RELIEF



DIAGNOSIS

- Cold or cough
- Middle ear fluid
- Flu
- Viral sore throat
- Bronchitis
- Other:

GENERAL INSTRUCTIONS

- Drink extra water and fluids.
- Use a cool mist vaporizer or saline nasal spray to relieve congestion.
- 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 infant younger than 1.

SPECIFIC MEDICINES

- Fever or aches:
- Ear pain:
- Sore throat and congestion:

FOLLOW UP

- If not improved in ___ days/hours, if new symptoms occur, or if you have other concerns, please call or return to the office for a recheck.
- Phone:
- Other:

Signed: _____

Notes: