

# Rx ADULT

Patient name: \_\_\_\_\_

Date: \_\_\_\_\_

## The symptoms you presented with today suggest a viral infection:

- Upper respiratory tract infection (common cold): Cough can last 3-4 weeks
- Acute bronchitis: Cough can last 3-4 weeks
- Viral pharyngitis (sore throat)
- Acute sinusitis (sinus infection)
- Suspected/confirmed COVID-19
- Other viral respiratory infection

### Antibiotics have not been prescribed because antibiotics do not treat viral infections.

Unnecessary antibiotic use can contribute to antibiotics not working in the future when needed to treat bacterial infections, can cause side effects (e.g., diarrhea, rash), and in rare events allergic reactions, kidney injury or liver injury.

When you have a viral infection, it is very important to get plenty of rest and give your body time to fight off the virus.

### If you follow these instructions, you should feel better soon:

- »→ Rest as much as possible
- »→ Drink plenty of fluids
- »→ Wash your hands frequently and try to stay home to avoid spreading the infection
- »→ Take over-the-counter medication, as advised:

- Acetaminophen (e.g., Tylenol) for fever and aches
- Ibuprofen (e.g., Advil, Motrin) for fever and aches
- Naproxen (e.g., Aleve) for fever and aches
- Lozenge (cough candy) for sore throat
- Nasal saline (e.g., Salinex) for nasal congestion
- Other : \_\_\_\_\_

(E.g., Nasal decongestant if Salinex does not work, for short-term use only!)

### Please return to your provider if:

- »→ Symptoms do not improve in \_\_\_\_\_ day(s), or worsen at any time
- »→ You develop persistent fever (above 38°C, or \_\_\_\_\_ as directed)
- »→ Other: \_\_\_\_\_

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



Choosing Wisely Canada



THE COLLEGE OF FAMILY PHYSICIANS OF CANADA



LE COLLÈGE DES MÉDECINS DE FAMILLE DU CANADA

This Viral Prescription Pad was adapted with permission from the Saskatchewan Health Authority Antimicrobial Stewardship Program (Regina) <https://www.rqhealth.ca/antimicrobialstewardship>. See <https://www.rxfiles.ca/tools> for availability in other languages.

Visit <https://www.RxFiles.ca/ABX> for more information.