



## Viral Infections: Non-Prescription Remedies to Help You Feel Better

You have been diagnosed with an illness caused by a virus. Antibiotics do not cure viral infections. Taking drugs that won't help you recover and may cause serious side effects is not the best treatment for your body. The following non-prescription remedies can help you feel better while your body fights off the virus.

### Diagnosis

- Cold or cough
- Middle ear fluid (otitis media with effusion, OME)
- Flu
- Viral sore throat
- Chest cold
- Other: \_\_\_\_\_

### General Instructions

- Stay well hydrated
- Get plenty of sleep
- Use a humidifier, cool mist vaporizer or saline nasal spray
- For sore throats in adults and older children, try ice chips, sore throat spray or lozenges
- For coughs, try a cough suppressant with honey\*
- Fill your antibiotic prescription in 3 days if you don't feel better

### Specific Medicines

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

Use over-the-counter medicines according to the package instructions or as recommended by your healthcare professional. Stop the medication when the symptoms get better.

### Follow Up

- If you do not feel better 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: \_\_\_\_\_

Learn more at [cdc.gov/antibiotic-use](https://www.cdc.gov/antibiotic-use).

\*Honey should not be given to children under 1 year of age.

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