

Antibiotic free prescription

Date: _____

Patient name: _____

Infection	Most people get better by	Most common symptoms
<input type="checkbox"/> COVID-19	1 - 3 weeks	Fever, headache, loss of taste and/or smell
<input type="checkbox"/> Common cold	1 - 2 weeks	Runny nose, congestion, sore throat, dry cough
<input type="checkbox"/> Flu	1 - 2 weeks	Fever, shivering, muscle pain, cough
<input type="checkbox"/> Laryngitis	1 - 2 weeks	Dysphonia (hoarseness), sore throat, dry cough
<input type="checkbox"/> Pharyngitis / Tonsilitis	1 week	Fever, sore throat symptoms: pain while swallowing, enlarged and painful glands
<input type="checkbox"/> Acute bronchitis	2 - 4 weeks	Wheezing, cough with or without phlegm
<input type="checkbox"/> Sinusitis	1 - 2 weeks	Facial pain, fever, runny nose, congestion
<input type="checkbox"/> Acute middle ear infection	< 1 week	Ear pain, fever
<input type="checkbox"/> Exacerbation of COPD	1 - 2 weeks	Worsening of symptoms of COPD

You probably have a self-limiting infection and that is why you have not been prescribed an antibiotic. Antibiotics are not effective in treating viral infections. If given when not needed, antibiotics can be harmful as they lead to antimicrobial resistance. This means that antibiotics become ineffective and infections become increasingly difficult to treat.

When you have an infection, it is very important to get plenty of rest and give your body time to fight it off. If you follow these instructions, you should feel better soon:

- Get plenty of rest and consider staying at home to prevent the spread of infection
- Remember to drink a sufficient amount of fluids to avoid dehydration
- Wash your hands frequently
- You can take over-the-counter medication to alleviate your symptoms as recommended below by your healthcare provider

To alleviate symptoms

- For fever and aches _____
- For sore throat _____
- For nasal congestion _____
- Other: _____

Please, return to your healthcare provider if:

- Your symptoms get worse / do not improve in _____ day(s)
- You develop a high fever
- Other: _____

The Prescriber

CONTACT: _____

