



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, cough
<input type="checkbox"/> Flu	1-2 weeks	Fever, shivering, muscle pain
<input type="checkbox"/> Laryngitis	1 week	Dysphonia, 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 - 3 weeks	Cough with sputum
<input type="checkbox"/> Sinusitis	1 - 2 weeks	Pain in the sinus, cough
<input type="checkbox"/> Ear infection	1 week	Ear pain, possible secretion from the ears
<input type="checkbox"/> Exacerbation of COPD	1 - 2 weeks	Worsening of symptoms of COPD

You probably have a viral infection and you have not been prescribed antibiotics because antibiotics are not effective in treating viral infections. If given when not needed, antibiotics can be harmful

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
- 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

ADVICE Symptoms

For fever and aches _____

For sore throat _____

For nasal congestion _____

For nausea _____

Other: _____

SAFETY-NETTING Please, return to your prescriber if:

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

The Prescriber

CONTACT: _____



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