Viral Illness

Your exam indicates you have a viral illness.

SYMPTOMS

- Fever.
- Muscle aches.
- Headache.
- Fatigue.
- Stomach upsets.
- Sore throat.
- Dry cough.

Antibiotic drugs are not effective in viral illnesses. They are only given when there is a secondary bacterial infection.

TREATMENT

- Bed rest.
- Increasing oral fluid intake of clear, non-caffeinated drinks like ginger ale, fruit juices, water, or sports (electrolyte) drinks, and
- Medicine to relieve specific symptoms such as cough, pain, or diarrhea. Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

Please call your caregiver if you are not better after 2-3 days of symptom treatment.

CALL OR RETURN HERE RIGHT AWAY IF YOUR ILLNESS GETS MORE SEVERE, OR YOU DEVELOP ANY OTHER NEW SYMPTOMS, SUCH AS

- A fever above 103º F (39.4º C).
- Vomiting for more than a day.
- Severe headache or other pain.
- Stiff neck.
- Trouble breathing.
- Visual problems.
- "Blackouts" or fainting.

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