Viral Infections

Your caregiver has diagnosed you or your child with a viral infection. Viruses are the frequent causes of minor sore throats, aches and pains, runny noses, watery eyes, tiredness, some coughs, and gastrointestinal infections causing *nausea* (feeling sick to your stomach), vomiting, and diarrhea. These problems *(symptoms*) **DO NOT** respond to medications that kill germs (*antibiotics*).

HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort, diarrhea or fever as directed by your caregiver.
- Drink clear fluids.

SIGNS OF A **BACTERIAL (GERM) INFECTION** FOLLOWING THE VIRUS MAY BE:

- Soreness of throat with pus and difficulty swallowing.
- Swollen neck glands.
- Chills and a fever.
- Severe headache.
- Tenderness over sinuses.
- Persistent extreme *malaise* (feeling unhealthy), muscle aches and *fatigue* (tiredness).
- Persistent productive cough.
- Any yellow, green or brown mucus production with coughing.

SEEK IMMEDIATE MEDICAL CARE IF:

- **You or your child have severe headaches, shortness of breath, chest or neck pain or an unusual rash.**
- You or your child has an oral temperature above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**

You can receive the resource "A Common Sense Guide to Antibiotics" free by calling 1-800-LUNG-USA (1-800-586-4872).

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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