Viremia

Your exam shows you have a viral illness. Viremia means your symptoms are due to the presence of the virus in your blood. This will often cause a chill or sweat. Other common symptoms of viral infections include fever, muscle aches, headache, fatigue, stomach upsets, sore throat, and dry cough. Antibiotics are not effective in viral illnesses; they are usually only given when there is a secondary bacterial infection.

General treatment includes bed rest, increasing oral fluid intake of clear, non-caffeinated drinks like ginger ale, fruit juices, water, or sports drinks. Medicines to relieve specific symptoms such as cough, pain, or diarrhea may also be prescribed. Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

Please call your doctor 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 103 F, vomiting for more than a day, severe headache or other pain, stiff neck, trouble breathing, visual problems, "blackouts" or fainting.

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