Viral Syndrome

You or your child have Viral Syndrome. It is the most common infection causing “colds” and infections in the nose, throat, sinuses, and breathing tubes. Sometimes the infection causes nausea, vomiting, or diarrhea. The germ that causes the infection is a virus. No antibiotic or other medicine will kill it. There are medicines that you can take to make you or your child more comfortable.

HOME CARE INSTRUCTIONS

- Rest in bed until you start to feel better.
- If you have diarrhea or vomiting, eat small amounts of crackers and toast. Soup is helpful.
- For children, **DO NOT** give aspirin or medicine that contains aspirin.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK MEDICAL CARE IF:

- You or your child have not improved within one week.
- You or your child have pain that is not at least partially relieved by over-the-counter medicine.
- Thick, colored mucus or blood is coughed up.
- Discharge from the nose becomes thick yellow or green.
- Diarrhea or vomiting gets worse.
- There is any major change in your or your child’s condition.
- You or your child develops a skin rash, stiff neck, severe headache, or are unable to hold down food or fluid.
- You or your child has an oral temperature above _____, 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.**

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