

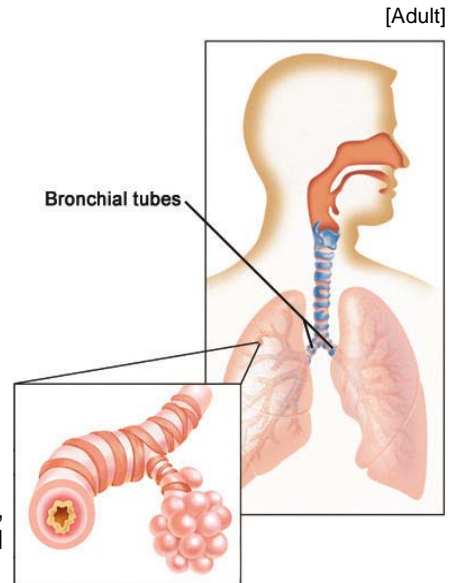
Discharge Instructions

VIRAL RESPIRATORY ILLNESS

You have an Upper Respiratory Illness (URI) caused by a virus. This illness is contagious during the first few days. It is spread through the air by coughing and sneezing or by direct contact (touching the sick person and then touching your own eyes, nose or mouth). Most viral illnesses go away within 7-10 days with rest and simple home remedies. Sometimes, the illness may last for several weeks. Antibiotics will not kill a virus and are generally not prescribed for this condition.

HOME CARE:

- 1) If symptoms are severe, rest at home for the first 2-3 days. When you resume activity, don't let yourself get too tired.
- 2) Avoid being exposed to cigarette smoke (yours or others').
- 3) Tylenol (acetaminophen) or ibuprofen (Advil, Motrin) will help fever, muscle aching and headache. (Persons under 18 with fever should not take aspirin since this may cause liver damage.)
- 4) Your appetite may be poor, so a light diet is fine. Avoid dehydration by drinking 6-8 glasses of fluids per day (water, soft drinks, juices, tea, soup, etc.). Extra fluids will help loosen secretions in the nose and lungs.
- 5) Over-the-counter cold medicines will not shorten the length of time you're sick, but they may be helpful for the following symptoms: cough (Robitussin DM); sore throat (Chloraseptic lozenges or spray); nasal and sinus congestion (Actifed, Sudafed, Chlortrimeton).



FOLLOW UP with your doctor or as advised if you don't improve over the next week.

RETURN PROMPTLY or contact your doctor if any of the following occur:

- Cough with lots of colored sputum (mucus) or blood in your sputum
- Chest pain, shortness of breath, wheezing or have trouble breathing
- Severe headache; face, neck or ear pain
- Fever over 100.4° F (38.0° C) for more than three days
- You can't swallow due to throat pain