

MATTHEW S. COHEN, MD FAAP
PATIENT INSTRUCTION SHEET

VIRAL SYNDROME

A viral syndrome is an infection caused by a virus and may last several days. Children may have 7-8 viral illnesses a year.

SYMPTOMS YOUR CHILD MAY HAVE:

- Fever
- Runny nose and water eyes
- Cough; usually worse when he/she lays down
- Body aches
- Tiredness
- Headache
- Sore throat
- Poor appetite

TREATMENT:

Antibiotics (like Penicillin) do **not** cure a virus and might even be harmful if used without a doctor's order. You **CAN** do the following to make your child feel better:

1. Rest at home; quiet activities are best to keep your child happy.
2. Give α Tylenol or α Motrin if he/she has a fever.

Dose: _____ every _____ hours

3. Give your child plenty of liquids. Do not worry if he/she does not want solid food for a few days as long as he/she drinks fluids.
4. If a fever lasts for more than 3 days or the child's condition worsens, you should call or bring your child back to the office.

Special Instructions: _____

If you have any questions, please call.