Watchful waiting

Your provider believes your illness will likely go away on its own.

1. Pick up antibiotics from pharmacy now or later
2. Watch symptoms and wait for ____ days/hours to consider if an antibiotic is needed or not
3. If you feel better, no further action is needed. You do not need antibiotics.
4. If you do not feel better in 7-14 days, symptoms get worse, experience new symptoms, or have any concerns, call the clinic

Help your body fight infection by...
- **Rest**
- Drink extra **water** and fluids
- Use a cool mist vaporizer or saline nasal spray to relieve congestion
- For sore throats in adults and older children, try ice chips, sore throat spray, or cough drops
- If older than 1, use honey to treat cough. **Do <u>not</u> give honey to an infant younger than 1.**

BE ANTIBIOTICS AWARE
SMART USE, BEST CARE

- ☐ Visiting your provider multiple times is not convenient
- ☐ Taking antibiotics only when needed is more important
- ☐ Common side effects: rash, dizziness, nausea, diarrhea and yeast infections
- ☐ Make good use of antibiotics by taking it as prescribed will protect yourself and others
- ☐ When antibiotics is not used correctly, they won't help but hurt you with their side effects

Please check off medications prescribed to help with symptoms:
- ☐ **Acetaminophen** (Tylenol) — lowers fever, body aches
- ☐ **Ibuprofen** (Motrin) — lowers fever, body aches

- ☐ **Benzonatate** (Tessalon Perles) — prevents frequent cough (drowsy)
- ☐ **Guaifenisen/Dextromethorphan** (cough syrup) — prevents frequent cough, breaks up mucus

- ☐ **Phenylephrine** — breaks up mucus
- ☐ **Pseudoephedrine** — breaks up mucus

- ☐ **Diphenhydramine** (Benadryl) — helps with runny nose and congestion (drowsy)
- ☐ **Cetirizine** (Zyrtec) — helps with runny nose and congestion
- ☐ **Nasal saline** — helps with congestion and dry nose
- ☐ **Fluticasone** (Flonase) — helps with runny nose and congestion
- ☐ **Oxymetazoline** (Afrin) — helps with runny nose and congestion (3-day max)

- ☐ **Phenol throat spray** — helps with sore throat

- ☐ Other:_____

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