

WATCHFUL WAITING



GOOD NEWS!

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

You should watch and wait for ____ days/hours before deciding whether to take an antibiotic.

In the meantime, follow your health care professional's recommendations to help you feel better and continue to **monitor your own symptoms** over the next few days.

- 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 lozenges.
- Use honey to relieve cough. Do not give honey to an infant younger than 1.

If you **feel better, no further action is necessary.**

If you **do not feel better**, experience **new symptoms**, or have **other concerns**, call your health care professional _____. Discuss whether you need a recheck or antibiotics.

Signed: _____

Notes: