Not Feeling Well?

Cough, Runny/Stuffy Nose, Sore Throat, Fatigue, Aches

Do you have any of the below symptoms?

☐ Wheezing, shortness of breath, or a history of asthma
☐ Fever of 102 degrees for more than 2 days  
  Check the basket for a thermometer if you need to take your temperature
☐ Progressive symptoms of earache, face pain, cough or congestion for 7-10 days
☐ Rapid worsening of symptoms

If yes, please see the front desk.

If you do not have any of the above symptoms

It is likely you have a non-specific upper respiratory tract infection, also known as a cold. Unfortunately, the best treatment for a cold is to allow your body to clear the infection on its own. Antibiotics do not help with these viral infections, and could actually put you at risk for other complications.

We don't want to waste your time with an appointment just to be told to go home and rest. We recommend taking a Cold Self Care handout and following recommendations to manage your symptoms. However, if you do develop any of the symptoms above, please contact us!