

# Symptom Relief for Upper Respiratory Infections

Patient: \_\_\_\_\_

Date: \_\_\_\_\_

**Exam findings:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Upper respiratory infections are commonly caused by a virus.*

**Instructions:**

- ☐ Place your pet in a room with a humidifier or in the bathroom, with the shower on and the door closed so they can breathe in the steam. **DO NOT PUT YOUR PET DIRECTLY INTO THE SHOWER.** Repeat \_\_\_\_\_ times per day for \_\_\_\_\_ minutes at a time until your pet’s symptoms get better.
- ☐ Stress reduction: *Some viral diseases in cats cause infection for life. Reducing stress can reduce the chance of a flare up. **Specific recommendations include:***  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- ☐ Encourage appetite: warm your pet’s food to make it more appetizing.  
*Additional feeding instructions:*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- ☐ Other Instructions:  
\_\_\_\_\_  
\_\_\_\_\_

**Specific Treatments:**

***Your pet does not need an antibiotic today. Infections caused by viruses do not improve with antibiotics.***

- ☐ Non-antibiotic prescription(s):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- ☐ Over-the counter medication(s):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Follow Up**

- ☐ Symptoms are expected to last \_\_\_\_\_ days.
- ☐ If your pet develops the following symptoms call your veterinarian to discuss your pet’s condition or to schedule a recheck.  
\_\_\_\_\_  
\_\_\_\_\_
- ☐ Next appointment: \_\_\_\_\_
- ☐ Your pet can spread this infection to others and should not attend group settings (ie boarding, cat shows) until \_\_\_\_\_.

**Clinic Name and Phone Number:**

**Veterinary Provider:**

