

Colds



1. How are you able to determine this is or isn't a virus?
How do I know that it is not a bacterial infection?
2. What symptoms should I watch for that would cause you to advise me to recontact your office?
 - Don't leave the office until all your questions have been answered by your Medical Practitioner and you feel clear about how to care for yourself.
3. Should I isolate from other family or community members and for how long?
4. If I do have to go out into my community, how long should I wear a face mask?
5. Is there anything I need to be aware of if I take over the counter or prescription medicines?
 - Please be sure you fully understand how you are meant to take the suggested medicines and ask your Practitioners any questions beforehand. You are not bothering them; your safety is their priority.