


## Cure for the common cold: rest, fluids and this free prescription pad

Published: Sep 1, 2021 - **Administrative**

A mother has a sick child and like all good mothers, wants comfort and care. And a prescription for antibiotics. BMJ Journals published a study that rated how many patients with upper respiratory infections (URI) prior to consultation with their physician expected a prescription for antibiotics<sup>[i]</sup>:

Evidence-based data does not support the use of antibiotics in the treatment of the common cold because they do not improve symptoms or shorten the course of the illness.<sup>[ii]</sup> Instead of putting away the prescription pad, [use this one](#).

Offered by the CDC's *Be Antibiotics Aware* campaign, the "Relief for common symptoms of colds and cough" prescription pad provides an alternative to unnecessary antibiotics. Get it through the CDC website [here](#).

Relief for Common Symptoms of Colds and Cough


GENERAL INSTRUCTIONS	SPECIFIC MEDICINES
<ul style="list-style-type: none"> <li>● Drink extra water and fluids.</li> <li>● Use a cool mist vaporizer or saline nasal spray to relieve congestion.</li> <li>● For sore throats, suck on ice chips, popsicles, or lozenges. (Do not give lozenges to children younger than two years old.)</li> <li>● Use honey to relieve cough for adults and children at least 12 months old or older.</li> <li>● Other: _____</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fever or aches: _____</li> <li><input type="checkbox"/> Ear pain: _____</li> <li><input type="checkbox"/> Sore throat: _____</li> <li><input type="checkbox"/> Nasal congestion: _____</li> <li><input type="checkbox"/> Cough/chest congestion: _____</li> </ul> <p style="font-size: 0.8em; margin-top: 10px;">Use medicines according to the package instructions or as directed by your doctor or pharmacist. Stop the medication when the symptoms get better.</p>


FOR CHILDREN YOUNGER THAN 4 YEARS OLD

Do not use over-the-counter cough and cold medicine in children younger than 4 years old unless directed by your doctor. Overuse and misuse of these medicines can result in serious and potentially life-threatening side effects.

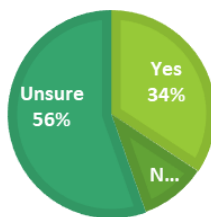
**To relieve a stuffy nose, parents can use:**

- A rubber suction bulb  
\_\_\_\_\_
- Nose saline drops  
\_\_\_\_\_
- A clean humidifier  
\_\_\_\_\_
- A cool mist vaporizer  
\_\_\_\_\_

**Call your doctor if the illness has not improved in a few days or if symptoms are severe or unusual.**  
To learn more about antibiotic prescribing and use, visit [www.cdc.gov/antibiotic-use](http://www.cdc.gov/antibiotic-use) or call 1-800-CDC-INFO.



### EXPECTING ANTIBIOTICS PRECONSULTATION



### Measure up: HEDIS® guidelines for URI/Pharyngitis

URI measures the percentage of episodes for members 3 months of age and older with a URI diagnosis that did not result in an antibiotic dispensing event.

**Appropriate Testing for Pharyngitis (CWP)** evaluates members 3 years of age and older where the member was diagnosed with pharyngitis, dispensed an antibiotic and received a group A streptococcus (strep) test for the episode.

### Records and Billing Codes

URI: In the patient's medical records, document results of all strep tests or refusal for testing. If antibiotics are prescribed for another condition, take care to associate the antibiotic with the appropriate diagnosis.

Description	CPT/HCPCS/ICD-10
Pharyngitis	ICD10CM: J02.0, J02.8, J02.9, J03.00, J03.01, J03.80, J03.81, J03.90, J03.91
URI	ICD10CM: J00, J06.0, J06.9
Online assessments	CPT: 98970, 98971, 98972, 99421, 99422, 99423, 99457 HCPCS: G0071, G2010, G2012, G2061, G2062, G2063
Telephone visits	CPT: 98966, 98967, 98968, 99441, 99422, 99423

CWI: In the patient's medical records, document results of all strep tests or refusal for testing. If antibiotics are prescribed for another condition, take care to associate the antibiotic with the appropriate diagnosis.

Description	CPT/HCPCS/ICD-10
Pharyngitis	ICD10CM: J02.0, J02.8, J02.9, J03.00, J03.01, J03.80, J03.81, J03.90, J03.91
Group A streptococcal tests	CPT: 87070, 87071, 87081, 87430, 87650-87652, 87880 LOINC: 11268-0, 17656-0, 17898-8, 18481-2, 31971-5, 49610-9, 5036-9, 60489-2, 626-2, 6557-3, 6558-1, 6559-9, 68954-7, 78012-2
Online assessments	CPT: 98970, 98971, 98972, 99421, 99422, 99423, 99457 HCPCS: G0071, G2010, G2012, G2061, G2062, G2063
Telephone visits	CPT: 98966, 98967, 98968, 99441, 99422, 99423

<sup>i</sup>BMJ Journals. Medical management of acute upper respiratory infections in an urban primary care out of hours facility: cross-sectional study of patient presentation and expectations. <https://bmjopen.bmj.com/content/9/2/e025396>

<sup>ii</sup>NCBI. Upper Respiratory Tract Infection. <https://www.ncbi.nlm.nih.gov/books/NBK532961/>

1306-0921-PN-CO

URL: <https://providernews.anthem.com/colorado/article/cure-for-the-common-cold-rest-fluids-and-this-free-prescription-pad-7>

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