Date: [Date]

Patient Name: [Patient Name]
Date of Birth: [DOB]

Mild Symptom Monitoring and Care Instructions

Dear [Patient Name],

Based on your recent assessment, your symptoms are currently classified as mild. You may recover at home by following these care instructions and monitoring your health closely.

Home Care Instructions

- **Rest:** Ensure you get plenty of sleep to help your body recover.
- **Hydration:** Drink plenty of fluids such as water, broth, or electrolyte drinks.
- **Medication:** You may take over-the-counter medications like [Medication Name] for fever or pain as directed.
- **Isolation:** Stay home and avoid contact with others to prevent spreading illness.

Monitoring Your Symptoms

Please keep a log of your temperature and any new symptoms twice daily. Common mild symptoms include:

- Low-grade fever
- Mild cough
- Fatigue
- Slight sore throat

When to Seek Medical Attention

Contact a healthcare provider or seek emergency care immediately if you experience:

- Difficulty breathing or severe shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to wake/stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds
- High fever that does not respond to medication

If your symptoms do not improve within [Number] days, please call our office at [Phone Number].

Sincerely,

[Provider Name]
[Facility/Clinic Name]