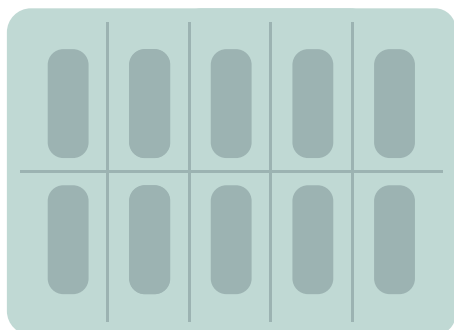


## WHAT IS THE TREATMENT?

One course of antiviral will be issued for each person diagnosed with swine flu particularly where underlying conditions are present. You should notify your GP if you are pregnant or suffering with renal disease, as a different course of antiviral may be required.

Antiviral drugs are not a cure, but they help you to recover if taken within 48 hours of the symptoms developing by:

- relieving some of the symptoms
- reducing the length of time you are ill by around one day, and
- reducing the potential for serious complications, such as pneumonia.



You should seek medical advice (for example from NHS Direct at [www.nhs.uk](http://www.nhs.uk) or on 0845 4647) if you suddenly get much worse or if you are not improving after five to seven days (four to five days in the case of children). Under-1s should always be seen by a healthcare professional (eg GP, Health Visitor).

## SWINE FLU INFORMATION

0800 1 513 513

[www.nhs.uk](http://www.nhs.uk)

[www.direct.gov.uk/swineflu](http://www.direct.gov.uk/swineflu)

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## ADVICE FOR PEOPLE WITH PROBABLE SWINE FLU

Swine flu is a new form of influenza ('flu'). Flu generally lasts from three to five days and can be followed by fatigue for two or three weeks. It usually causes aching muscles and joints, headaches, cough and fever with a temperature of between 38° and 40°C. It can also cause a feeling of general tiredness and weakness, a runny nose and sore throat, and indigestion.

It is possible to pass on the infection the day before you develop the symptoms yourself. You can also pass on the infection until the day after your fever has disappeared.

## WHAT ELSE CAN I DO?

- Take extra drinks – you lose a lot of liquids during a fever.
- Rest, preferably by staying in bed.
- Try to get plenty of sleep.
- Paracetamol or aspirin will reduce fever and muscle aches. (Note that aspirin should not be given to children under 16 years of age, unless on the advice of a doctor, or taken by women who are pregnant or breastfeeding.)
- If you have a cough, an over-the-counter cough remedy may ease your symptoms. (Note that pregnant women should not take ibuprofen. Paracetamol and codeine can be taken.)
- Avoid smoking and drinking alcohol.
- Antibiotics have no effect against flu.



For help to quit smoking please call 01983 814280 or txt 07919598549 or visit [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

## WHAT CAN I DO TO PROTECT OTHERS FROM CATCHING FLU?

The best thing you can do to protect others from catching flu is to stay at home until you are well and follow good hygiene practices. This will help to slow the spread of the virus and will be the single most effective thing you can do to protect others from infection.

- Use clean tissues to cover your mouth and nose when you cough or sneeze.
- Bin the tissues after one use.
- Wash your hands with soap and hot water or a sanitiser gel often.
- Try to keep household surfaces as clean as possible.



## WHAT ARE THE POSSIBLE COMPLICATIONS?

A secondary bacterial chest infection, which develops in addition to the viral infection, is the most common complication. Occasionally, this can become serious and develop into pneumonia. A course of antibiotics will usually cure this.

Occasionally, flu can develop into a fever, acute bronchitis, encephalitis or pneumonia. The risk of complications and serious illness is higher among the following groups of people:

- those aged 65 years and older
- babies and infants
- people with other medical conditions (e.g. long-term heart, lung or kidney disease or diabetes, or those with a weakened immune system due to treatment or disease), and
- people living in nursing, residential or other long-stay homes where the spread of the virus is more likely.

