



Advice because you have swine flu

You have swine flu



You need to take tablets or medicine
The medicine you need to take is called Tamiflu



You need to take this 2 times a day when you eat



To protect others:
Cover your mouth when you sneeze



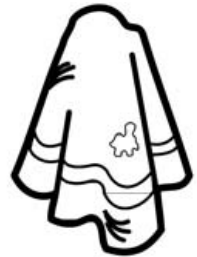
Put the dirty tissue in the bin as soon as you have used it



Wash your hands often with soap and water.



Dry your hands properly and wash your towels often



Clean things you touch



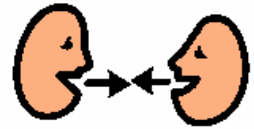
What should I do now?

Stay at home



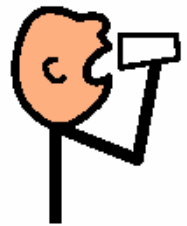
talking

Ask a friend to get anything you need



drink

Drink plenty of water or juice



Rest

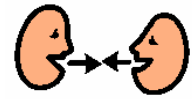


Take the medicine you have been given



If you need help ask a friend or carer

talking



Wash your hands a lot through the day



Clean things you have touched like door handles



If you need any help call NHS24 on
08454 24 24 24



You know someone who has swine flu

To protect others:

Cover your mouth when you sneeze



Put the dirty tissue in the bin as soon as you have Used it



Wash your hands often with soap and water.



Dry your hands properly and wash your towels often



Clean things you touch



What should I do now?

Look for signs like:

Coughing



Sneezing



Diarrhoea



Vomiting



Take the tablets, called Tamiflu

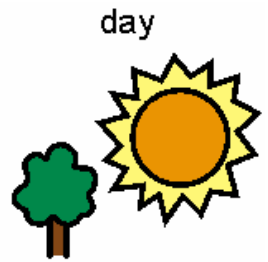


Take 1 a day when you eat

Call your doctor if you feel unwell



- your doctor during the day



- NHS 24 in the evening
08454 24 24 24



Wash your hands



Clean things you touch



Why am I taking Tamiflu?

Tamiflu will help stop you getting swine flu
If you have swine flu it will make you feel better



Tell your doctor if:

- If you are pregnant



- If you have kidney problems

- Tell the doctor about all the medicine you take



Are there side effects of Tamiflu?

Some people who take Tamiflu can have stomach ache

feeling sick

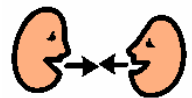


Headache



Ask a friend or carer if you feel ill after taking Tamiflu

talking



What else can you do?

Wash your hands a lot through the day



Always use a tissue



Bin the tissue after using it



NHS 24

08454 24 24 24

