

PANDEMIC INFLUENZA A H1N1 – SELF-CARE FOR ADULTS* AT HOME

*Adult = 14 years and over

1. Take paracetamol, Nurofen® (or another anti-inflammatory pain reliever) to treat fever or aching muscles or joints
2. If throat sore, gargle with warm water and/or suck throat lozenges
3. If nose blocked, use saline drops, nasal spray or decongestant
4. Drink plenty of fluids – a little and often
5. Seek help if you have:
 - a. Been unwell for 3 or 4 days and feel like you're getting worse
 - b. Increasing shortness of breath
 - c. Chest pain or severe headache
 - d. Cough with brown, green, bloody or yellow phlegm (spit)
 - e. Persistent or severe vomiting
 - f. Skin rash
 - g. Confusion, disorientation or difficulty waking.

**To seek help phone Healthline on 0800 611 116 or
your GP or the 0800 FLU INFO or
go to your nearest community-based assessment centre (CBAC)
if open.**

6. Older persons, pregnant women and those with other illnesses/conditions* are at increased risk of complications from influenza. In addition to the guidelines above, ensure supervision from family or friends and/or arrange reassessment by phone or visit to a doctor after 48 hours (or sooner if needed). Phone your doctor before visiting
7. Take anti-influenza medication (e.g. Tamiflu) and/or antibiotics and other medications if prescribed
8. Stay at home until your flu symptoms have resolved. Note: post-viral cough may persist for weeks but is not on its own a reason to stay at home

*Other illnesses/conditions: chronic lung disease (e.g., asthma, emphysema/COPD), heart failure, renal failure, immunosuppression (due to underlying disease or treatment), diabetes, liver