



Flu

Information Leaflet

If you think you may have flu please read this leaflet

You can often treat the flu without seeing your GP and you should begin to feel better in about one week.

Check if you have flu

Flu symptoms come on very quickly and can include:

- A sudden fever – a temperature of 38°C or above
- Aching body
- Feeling tired or exhausted
- Dry cough
- Sore throat
- Headache
- Difficulty sleeping
- Loss of appetite
- Diarrhoea or tummy pain
- Nausea and vomiting

How to treat flu yourself

To help get better more quickly:

- Rest and sleep
- Keep warm
- Take Paracetamol or Ibuprofen to lower your temperature and treat aches and pains
- Drink plenty of water to avoid dehydration (your urine should be light yellow or clear)



A Pharmacist can help with flu

A pharmacist can give treatment advice and recommend flu remedies.

Be careful not to use flu remedies if you are taking Paracetamol and Ibuprofen as it is easy to take more than the recommended dose.

Speak to a pharmacist before giving medication to children

Antibiotics

GP's don't recommend antibiotics for flu because they won't relieve your symptoms or speed up your recovery.

How to avoid spreading the flu

Flu is very infectious and easily spread to other people. You are more likely to give it to others in the first 5 days.

Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu:

- Wash your hands often with warm water and soap
- Use tissues to trap germs when you cough or sneeze
- Bin used tissues as quickly as possible

If you suspect you have flu there is a tablet which may help. Please arrange a telephone consultation with your GP and you will be assessed.

PLEASE DO NOT COME INTO THE SURGERY – Book a telephone assessment first!

Call 111 or see your GP if:

- **You're worried about your baby or child's symptoms**
- **You're 65 or over**
- **You're pregnant**
- **You have a long term medical condition – for example, diabetes or a heart, lung, kidney or neurological disease**
- **You have a weakened immune system – for example, because of chemotherapy or HIV**
- **Your symptoms don't improve after 7 days**

Call 999 or go to A&E if you:

- **Develop sudden chest pain**
- **Have difficulty breathing**
- **Start coughing up blood**