

# The new influenza A(H1N1)

## What can I do?

### **Rising temperature, body aches and cough**

Typical influenza symptoms include a sudden onset of feeling poorly with a rising temperature, headache and body aches. This is often accompanied with a dry cough and sore throat. The temperature is usually high, up to 40°C, lasting for three to five days. You generally recover from influenza after one week or so but you may feel weak and tired for several weeks.

However, the symptoms of influenza can vary from person to person. Older people may have less of a temperature and cough. Young children may suffer with diarrhoea, nausea, vomiting and stomach cramps. Influenza is caused by a virus and cannot be treated with antibiotics.

### **What can you do?**

It is important to listen to your body and not exert yourself too much. You should rest but that does not mean that you need to be bedbound. In fact, it is good to get up and move around a little if you feel up to it. It is also important to drink more than usual to replace the fluids you lose as a consequence of having a temperature. You should also try to eat something. Ice-creams, yoghurts and cold fruit soups are usually quite tempting or whatever you feel like eating! Throat lozenges will soothe your throat and prop your head up high in bed as this will help your breathing and sleeping.

### **Prescription free medication**

Take Alvedon, Panodil or Ipren to lower your body temperature and alleviate body aches. Use a cough suppressant syrup to ease a dry and uncomfortable cough and a blocked nose is best cleared with a few nasal drops or nasal spray.

### **When should you seek medical care?**

Call your doctor's clinic/local medical centre or Sjukvårdsrådgivningen (Health Information Telephone Service) on 1177 if:

- you have had a high temperature for three to five days
- your temperature dropped and then rose again
- suddenly feel a lot worse
- you have a sick child that refuses to drink, eat or play

Because of the highly contagious nature of the A(H1N1) influenza, you must not visit your doctor's clinic/local medical centre but telephone instead.

If you suffer with a chronic lung disease, chronic cardiovascular disease, diabetes, reduced immunity, neuromuscular disease, HIV or you are pregnant or have a child with a chronic disease or developmental delay or child(ren) under the age of 2, you may have to seek medical advice a little sooner, perhaps within 24 hours. Call your doctor's clinic/local medical centre or Sjukvårdsrådgivningen (Health Information Telephone Service) on 1177.