

Influenza (Flu)

An information guide



Influenza (Flu)

You have been diagnosed with Influenza ('Flu'). Flu is a viral infection of the airways (windpipe/throat).

You have been assessed by a nurse/doctor and are deemed well enough to go home. This leaflet gives you some information about 'Flu' & how to look after yourself at home.

Flu symptoms can be any one or combination of the following :-

- Fever (Temperature of 38°C or above)
- Headache, muscle aches, tiredness
- Chills and shivers
- Sore throat and runny nose
- Cough

Flu commonly **lasts for up to 7 days**, but you may experience increased tiredness for up to 2 weeks.

Flu is very infectious !

Please follow the below recommendations to avoid spreading the virus to others:

- Wash your hands regularly and clean surfaces that you touch/ use regularly.
- Use tissues when you cough and sneeze - please discard tissues appropriately in the bin.
- Try to avoid crowded spaces and contact with other people who may be at risk.
- Encourage your carers to have the Flu vaccine, especially if they are in a high risk group (see list – continued below).

Complications of Flu

Most people who are fit and well don't develop any complications. However, unfortunately some people are at higher risk of suffering from complications (i.e. bronchitis or pneumonia)

People at higher risk are the ones who are/have:

- 65 years of age or older
- Pregnant
- Other medical conditions such as lung disease, heart disease, diabetes, kidney problems or liver disease
- Weaker immune system, have no spleen or living with HIV
- Undergone recent chemotherapy/radiotherapy for cancer
- Received organ or bone marrow transplant.

How to get better from Flu

Most people with Flu get better on their own and don't require hospital admission. Unfortunately antibiotics **do not** work against the Flu virus. We encourage you to:

- Stay home and try to rest as much as possible
- Drink plenty of fluids but try to avoid alcohol and caffeine
- Take regular pain relief such as Paracetamol and/or Ibuprofen which would help with your symptoms (unless you have been told not to use it)
- There is antiviral medication available for Flu, which can be prescribed by your doctor in certain circumstances

Not getting better or getting worse with Flu?

Contact your GP or call 111 if your symptoms get worse or last longer than 7 days. But if you feel very unwell or experience any of the following:

- Chest pains generally, or chest pains when you are breathing
- If you experience sudden or worsening shortness of breath or you have increased wheezing
- You notice you are coughing up blood
- You experience severe dizziness on standing
- You have increased vomiting

Please attend your nearest Emergency Department (A&E) or call 999

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 www.facebook.com/NorthernCareAllianceNHSGroup

 www.linkedin.com/company/northern-care-alliance-nhs-group

 Northern Care Alliance NHS Group (NCA) @NCAlliance_NHS

Date of publication: December 2019

Date of review: December 2019

Date of next review: December 2021

Ref: PI(DS)339

© The Northern Care Alliance NHS Group

www.pat.nhs.uk

www.northerncarealliance.nhs.uk

