

Revised 16 December 2009

Pandemic Flu

The UK has moved to a treatment phase in relation to managing the swine flu pandemic. This means that the focus is on treating those people who actually have swine flu, particularly those at higher risk of developing complications.

To avoid spreading the virus, people who think they have swine flu should stay at home and practice good hygiene.

Most previously healthy people with swine flu will recover with rest, drinking plenty of fluids and taking medication such as paracetamol for pain relief and to control fever. The advice to this group is that if their condition suddenly deteriorates or their condition is still getting worse after 7 days (5 for a child) they should phone their GP.

Some groups of people are more at risk of serious illness if they catch swine flu and will need to start taking antivirals - ideally within 48 from the onset of symptoms. Those with higher risk include; people with chronic lung, heart or kidney disease; those with immunosuppression (whether caused by disease or treatment); pregnant women; those aged 65 and over; and young children under five years old. People in this category should phone their GP as soon as possible for assessment or anti-viral treatment.

Useful Information

[Questions and Answers for Pregnant women](#)

[SHSCT News Release 23.10.09 Swine Flu Information for Pregnant Women](#)

[Swine Flu Vaccination: What you need to know LEAFLET and POSTER](#)

[Patient Information leaflet](#)

[From Containment to Treatment](#)

Useful Websites

www.dhsspsni.gov.uk

www.nidirect.gov.uk

www.hpa.org.uk

www.who.int

Useful Phone Numbers

NI Pandemic Flu Helpline:

0800 0514 142

UK Pandemic Flu Information Line:

0800 151 351