

What are the symptoms of Flu?

People who have flu often have some or all of the following symptoms:

- High temperature or feeling feverish with chills
- Dry cough
- Sore throat
- Headache
- Sore muscles and joints
- Headache
- Runny or stuffy nose
- Feeling tired
- People may also have nausea, vomiting and diarrhoea, though this is more common in children

Antibiotics do not work against the flu virus

I have symptoms of flu what should I do ?

Patient of healthcare facility

Tell your doctor and nurse about your symptoms so they can send a swab to the laboratory to check if you have the flu virus and review if you need to start treatment. You may need to stay in a room on your own or with the curtains pulled between your bed and the bed beside you to help prevent it spreading to other patients.

All healthcare workers (HCW) caring for you will be wearing a face mask to protect them from the flu virus.

All HCW should clean their hands before and after caring for you.

Visitors

- Do not visit the hospital if you have flu
- Stay indoors, keep warm and rest
- Drink plenty of fluids
- Painkillers such as paracetamol may help relieve headaches and muscle aches

Contact your GP if you are:

- Over 65 years
- Have a long term illness
- Have a child under 2 years with flu like symptoms
- Feeling very unwell

Version 1

Reference:

www.hpsc.ie

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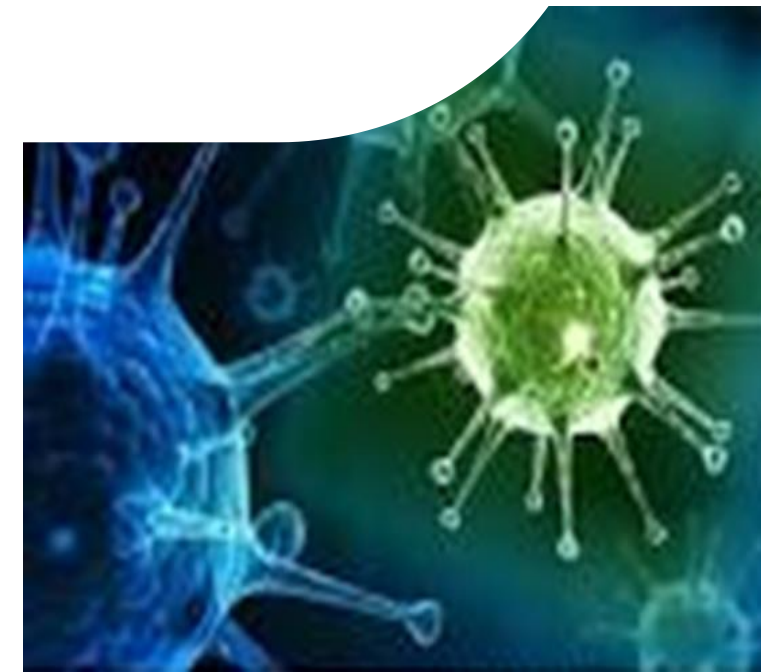
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PATIENT
INFORMATION
LEAFLET

Flu (influenza)

Information leaflet for patients and visitors of healthcare facilities





What is flu?

Flu is an infectious respiratory illness caused by the influenza virus. Flu can occur throughout the year but usually peaks in Winter.

Who is at risk of Flu?

Influenza can affect all ages however it can have more serious effects in those aged 65 years and older, very young children and those with long term medical conditions

What can I do to prevent getting flu?

If you have a long term medical condition or are 65 years or older, contact your GP about vaccination.

Simple hygiene measures can help prevent flu from spreading:

Cover your mouth and nose with a tissue when coughing and sneezing

Place tissue in a bin after use.

No tissue? Cough or sneeze into your elbow not hand



How does flu spread?

It usually spreads person to person by droplets when people with flu cough and sneeze. These droplets land on mouths and nose of people who are nearby. It can also spread by touching a surface /object with the flu virus on it and then by touching the mouth, eyes or nose.

Flu can be contagious from 1-2 days before the symptoms start and a person can continue to spread the flu virus to others for up to one week after the symptoms begin.

People needing intensive care, patients on chemotherapy or those with a weak immune system may spread the virus for longer.

