

Discharge advice for people who present with influenza-like illness

Dear Patient,

It is important that we try to contain the spread of influenza and other respiratory viruses to minimise the number of people becoming ill and reduce the impact of these illnesses on the community. Therefore, we recommend the following measures whilst you have influenza symptoms.

What you should do

- Stay home and do not go to work, school or social events until you are well. This is usually indicated when you no longer have fever and the acute stage of sore throat, cough, runny nose and/or sneezing. You are most likely to spread the virus in the first few days after onset of illness, when those symptoms are present.
- Maintain a physical distance from others. More than one metre distance lessens the risk of transmitting respiratory viruses.
- People who have influenza-like illness and themselves are pregnant or have chronic health conditions should carefully monitor their health and seek medical review promptly if their condition deteriorates.
- Parents should also monitor the health of young children who have influenza like illness, especially those under two years of age, and seek medical advice where the child's condition requires it.
- Make sure that all household members practice good hand and cough/sneeze hygiene.
- Cover your nose and mouth with a tissue every time you cough and sneeze.
- Discard used tissues into a bin.
- Wash and dry your hands often, especially after coughing and sneezing – use soap and water.
- Drink plenty of fluids, to replace those lost because of fever.
- Rest as much as possible.

Test results

There is no requirement to be tested for influenza, unless the doctor assessing you thinks it is necessary. If you do have a nose and/or throat swab taken, your GP should be able to advise you of the result within a few days, even if you were tested at a hospital emergency department.

If your symptoms get worse, including:

- You experience difficulty in breathing and/or chest pain
- You are coughing up increased or bloody sputum
- You are wheezing
- Your fever is getting worse, and you are becoming confused
- Any other significant symptoms

Contact your GP or
NHS Direct 0845 46 47 or www.nhsdirect.nhs.uk
National Swine Flu Information 0800 1 51 3100