

(Om svininfluensan på engelska)

# Swine flu – the new influenza

## Symptoms of the new influenza

The most common symptoms of the new influenza are fever, cough, aching muscles, headache, sore throat and tiredness. Some people may also experience diarrhoea or vomiting.

## Avoid becoming infected

Wash your hands thoroughly and often with soap and water, and avoid touching your nose, eyes or mouth.

The best way to protect yourself is to get vaccinated.

## Some people can become seriously ill

Some people risk becoming seriously ill from the influenza and may need special antiviral drugs. People who are at risk of becoming seriously ill should contact their local health provider if they develop flu symptoms or have been in contact with someone who has the flu. This includes:

- pregnant women
- children with multiple disabilities
- adults and children with certain diseases:
  - heart or lung disease
  - diabetes
  - weakened immune system
  - HIV
  - neuromuscular diseases
  - liver or kidney disease
  - extreme obesity



ILLUSTRATION: LOTTA PERSSON

Wash your hands thoroughly and carefully with soap and water to reduce the risk of infection.

## If you become ill

In most cases the flu will go away by itself, but if your symptoms get worse you may need medical care.

Contact your local healthcare provider if you

- have a high temperature for more than three days
- have trouble breathing or if your skin or lips turn blue
- experience chest pains
- cough up blood
- have a dry mouth and reduced urine
- vomit a lot or find it hard to drink enough liquids. >>>>

## 1177 Healthcare advice

Via 1177 you can receive healthcare advice 24 hours a day, both online and by phone. 1177.se is a shared website for county councils and regions that contains health and medical care information. All the information is in Swedish. You can also phone 1177 and receive advice from a nurse. The text in this newsheet was produced in collaboration with the National Board of Health and Welfare.

You should also contact your healthcare provider if you have a child under the age of two that has flu symptoms.

If someone who is ill experiences cramps, reacts unusually or seems confused, or if an ill child becomes listless and does not want to play, contact your healthcare provider straight away.

We recommend that you phone and consult the staff before you visit the health clinic. This is important in order to reduce the risk of spreading the infection.

You can always phone the healthcare helpline (sjukvårdsrådgivningen) for advice.

#### **What can I do myself?**

When you are ill you should stay at home and avoid meeting other people. You will be infectious until 24 hours after your fever has subsided, or up to seven days after experiencing flu symptoms. Make sure you sneeze or cough in the crook of your arm or into a tissue that you throw away in a bin.

It is good to rest, but you do not have to lie in bed all the time. It is also good to move about now and then. You will need to drink a bit more than usual to replace the fluid that your body will lose because of the fever. It is also good to try to eat a little, for example ice cream or yoghurt. If you have a blocked up nose it will be easier to breathe if you sleep with your head propped up in bed.

#### **Non-prescription drugs**

You can use analgesics, for example paracetamol-based cold remedies like Alvedon and Panodil. If you have a dry cough, try cough-suppressant medicine that contains noscapine. If you have a blocked up nose try a nasal spray, but you should not use it for more than ten days in a row.



ILLUSTRATION: LOTTI PERSSON

Cough or sneeze into the crook of your arm to avoid infecting others.

#### **Read more at 1177.se**

- 1177.se is a shared website for county councils and regions that contains health and medical care information. All the information is in Swedish.

#### **Call the 1177 healthcare helpline**

- In most counties and regions you can also phone 1177 and receive medical advice from a nurse 24 hours a day. 1177.se also has a list of phone numbers to all the medical advice centres in Sweden.

#### **General information**

- You can also phone 020-20 20 00 for general inquiries about the new influenza. The responsible authorities will answer your questions.