

# I have flu. How can I get better?



## Information for children on oseltamivir

### What is flu?

The influenza virus (the flu) can make you sick. You may get a runny nose, cough, fever or muscle aches and pains. Flu is worse than the common cold and can make some kids really sick.



### What do I need to do if I get the flu?

- Stay at home
- Rest
- Drink lots of fluids. This may be water or juice.



### How can I get better?

Resting and taking it easy is the best way to get better.

Sometimes, a doctor may give you a medicine called oseltamivir "oh-so-tama-vir". It's sometimes also called 'Tamiflu' or another name.



It is also given to some kids to stop them getting the flu. This is so they don't get really sick and have to go to hospital.

The medicine stops the virus growing and can make you feel better faster.



### How do I take the medicine?

It's a pill or capsule that you take by mouth.

If you can't swallow it then your mum, dad or carer can break open the capsule and mix it with water for you to drink.

You may need to take one or more pills or capsules. Your doctor will tell you how many to take and when.



### Will I feel sick after taking the medicine?

The medicine can sometimes make your tummy feel funny.

But most kids don't feel sick.

Always tell your parent, carer or doctor if you feel sick so they can look after you.



### Questions?

Ask your mum, dad, or whoever looks after you! Your doctor, nurse and pharmacist are also there to answer any questions.

