

SWINE FLU – Advice for Transplant Patients

The following information is for guidance only, please contact your GP in the first instance if you are concerned.

SYMPTOMS

- sudden fever
- sudden cough
- headache
- tiredness
- chills
- aching muscles
- limb or joint pain
- diarrhoea or stomach upset
- sore throat
- runny nose
- sneezing
- loss of appetite

Transplant Recipients are at a greater risk of catching swine flu due to their reduced immunity and will need to start taking antiviral medication as soon as they are confirmed with the illness.

Please see the following website www.nhsdirect.nhs.uk and www.nhs.uk and follow the link for Swine Flu information. Advice is also available via NHS Direct 0845 46 47, National Swine flu information line on 0800 1 513 513 and your GP surgery.

TREATMENT

We recommend you take regular paracetamol (adhering to dosing guidelines) and keep hydrated. Please stay at home and contact the unit by telephone if you are concerned. Please continue to take all your current medication as prescribed.

Please contact the Nurse Practitioners / Pharmacist if you need to start Tamiflu as the dose will vary dependent upon your renal function.

General Advice is to carry on with your normal daily routine whilst keeping vigilant to any changes in how you feel.

If we all follow the simple rule of **CATCH IT, BIN IT, KILL IT**, we can help reduce the spread of colds, flu and other viruses. We all have an important role to play in preventing ourselves, our families and others from spreading germs.