

Useful telephone numbers


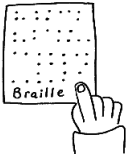
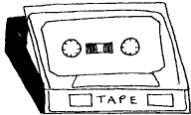

- NHS Direct** 0845 46 47
- Doctor**
- Flu help line** 08001 513 100
- Carer**
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-
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-
- Health Facilitator**



Cheshire and Wirral Partnership **NHS**
NHS Foundation Trust



This leaflet is available in other languages or formats

For more information see www.cwp.nhs.uk.
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This leaflet tells you important information about Tamiflu capsules and is easy to read

What is good about Tamiflu®?



Tamiflu® helps you to get better sooner if you have swine flu. Tamiflu® comes in capsules like tablets.



What is not good about Tamiflu®?



There are some problems that you can get when you take Tamiflu®.

These are called **side effects** but not everyone gets them. Most people get better quickly.



You can feel sick

You can have a headache



You can have diarrhoea

You can phone your chemist or one of the numbers at the end of this leaflet for more information and advice.

How to take Tamiflu®?

You must start to take your Tamiflu® capsules as soon as you get them.

Take the capsules with food so you that you do not feel sick.

Take 1 capsule with your breakfast



Take 1 capsule with a snack at bed time



You must take Tamiflu® at the same time in the morning and evening everyday **for 5 days**.

If you are still worried phone your doctor.

