

COMMUNITY CARE PATHWAY FOR RESPIRATORY TRACT INFECTION / STREP A IN PREGNANCY

History OF Flu

- Two or more of these: Headache, runny nose, sore throat , unusual tiredness, shortness of breath or cough, loss of appetite, aching muscles, diarrhoea or vomiting

Complications of Flu or Swine (H1N1) Flu likely if:

- Pneumonia
- Difficulty in breathing
- Dehydration
- High fever (> 38^oC)

Check for recent vaccination

Refer to GP to review
Consider Risk of Strep A and take throat swab

Management

- Community Care unless complications of flu are present
- Reassure most flus including Swine Flu are mild & self-limiting within a week / they do not infect the fetus
- Advise cold flannels / paracetamol / avoid NSAIDs (e.g. Ibuprofen)
- Advise rest / plenty of fluids / codeine & antihistamine containing preparations including cough syrups / advise to eat little & frequently
- Antiviral: Relenza inhaler (not suitable for asthmatics or COPD), Tamiflu orally
- Prevention/ limiting spread:
 - Advise always cover nose and mouth with a tissue when coughing or sneezing
 - Advise to throw away dirty tissues promptly
 - Advise to maintain good basic hygiene, e.g. wash hands frequently with soap and warm water to reduce the spread of the virus from hands to face/ or to other people
 - Advise cleaning hard surfaces such as door handles frequently using a normal cleaning product
 - Seasonal flu (also protects against swine flu) vaccine is recommended for all pregnant women at any stage of pregnancy. It is safe and usually offered by GP from October each year. It is also advisable to vaccinate any children aged 2-3 years in the household & aged 2-18 years with a long-term health conditions & the elderly. The vaccine is contraindicated if allergic to egg protein. Ensure flu information leaflet available.