

OKLAHOMA DEPARTMENT OF CORRECTIONS
OSELTAMIVIR (TAMIFLU) INFORMATION

You are being offered a supply of oseltamivir due to a recognized influenza outbreak in your area. This supply is offered to you as a public health intervention to prevent influenza infection, as recommended by the Centers for Disease Control and Prevention. **For further information or examination and treatment you are urged to see your personal physician.**

- What is oseltamivir?
 - Oseltamivir (Tamiflu) attacks the influenza virus and stops it from spreading inside your body. Oseltamivir is for treating adults and children age 1 and older with the flu, whose symptoms started within the last day or two. Oseltamivir can also reduce the chance of getting the flu in people who are exposed to it.
- Who should NOT take oseltamivir?
 - Do not take oseltamivir (Tamiflu) if you are allergic to it.
 - Oseltamivir (Tamiflu) is normally not recommended for use during pregnancy or nursing, as the effects on the unborn child or nursing infant are unknown.
 - Tell your personal physician if you have any type of kidney disease, heart disease, respiratory disease, or other serious health condition.
- How is oseltamivir taken?
 - If you **HAVE** the flu, take one oseltamivir capsule twice a day for 5 days, once in the morning and once in the evening.
 - To **PREVENT** the flu, take one oseltamivir capsule once a day for 10 days. Oseltamivir can be taken up to 6 weeks if exposure continues.
 - Children age 1-12 years take oseltamivir liquid in a dose that depends on their weight. You should consult your child's healthcare provider for advice on treatment or prevention of flu for children.
 - You can take oseltamivir with or without food. There is less chance of stomach upset if you take it with a light snack or a meal.
 - If you forget to take a dose, take the missed dose as soon as you remember, unless it is 2 hours or less before your next dose. Then continue to take it at the usual times. Do not take 2 doses at a time to make up for a missed dose.
- What are the side effects of oseltamivir?
 - The most common side effects are nausea and vomiting.
 - If you develop an allergic reaction or rash, stop taking oseltamivir and contact your physician.
 - **If you develop any symptoms you are concerned about, you should contact your physician.**
- **If you are taking any other medications, by prescription or over the counter, you should see your personal physician before taking oseltamivir.**

I acknowledge that I have read and understand the above information and I agree to see my personal physician for further evaluation and treatment.

Signature

Date