

## ◆ Tamiflu(Oseltamivir phosphate)---one type of antiviral medication for Influenza

If Tamiflu is taken within 48 hours of the fever starting, it can bring down the fever and alleviate influenza symptoms 1-2 days earlier. Recently it has been reported that one rare, but serious side effect of the medication may be an altered mental state and abnormal behavior. However, influenza itself may cause such symptoms. While it has not been established that Tamiflu causes dangerously abnormal behavior, such as jumping out of windows, prescribing the drug to children aged between 10 and 19 years has been restricted due to such reports.

While Tamiflu can reduce the duration of the fever and speed up the recovery of young children by several days, influenza itself is a natural self limiting disease, which will heal spontaneously in most healthy persons whether they take Tamiflu or not. Thus, parents should not worry about influenza symptoms becoming more severe if Tamiflu is not taken and there is no need to consult a doctor outside surgery hours just to have Tamiflu prescribed. Influenza encephalitis usually starts within 24 to 48 hours of the onset of a fever, so before Tamiflu can take effect. Regardless of taking Tamiflu or not, children should not be left unsupervised when they have a fever due to influenza. Always watch them carefully.

## ◆ Relenza(Zanamivir hydrate)---another type of antiviral medication for Influenza

This medication is inhaled orally. Children aged over 5~6 years can inhale this medicine effectively. The incidence of abnormal behavior is less than that for Tamiflu.

This medication should not be prescribed for asthma patients, since it may bring on an asthma attack. Relenza can be prescribed for patients aged 10~19 years.

**We would like to prescribe antiviral medication with your consent.**

**Please check one or more of the following:**

- ① I agree to my child being prescribed Tamiflu ( for children aged 1 to 9 years)
- ② I prefer that my child is prescribed Relenza ( for children aged 5 years or older)
- ③ I do not consent to my child being prescribed antiviral medication
- ④ I cannot decide and would like to discuss it further with a doctor
- ⑤ Anything else ( )

