**How to use oseltamivir**

Information leaflets in other languages are available on the [European Medicines Agency (EMA) website](http://www.ema.europa.eu/ema); search for ‘oseltamivir’.

You have been given medicine because you have been in contact with chickens or ducks that were infected with avian flu. This medicine can prevent you from catching the disease.

Dosage:

1 x 75 mg capsule once a day.

How should you take this medicine?

Take this medicine at the same time every day. Swallow the capsules whole with water. You must start taking this medicine as quickly as possible. Read the information leaflet before you take the medicine.

How long should you take this medicine?

* If you helped to cull infected birds: until ten days after you stopped your activities with poultry that may have been infected.
* If you are a poultry farmer or live on a poultry farm: until ten days after the culling on your farm was completed and/or the last exposure.

Particulars:

Do you have a renal impairment, are you pregnant (or could you be) or are you breastfeeding? If so, please contact your Municipal Health Service (GGD) doctor or the doctor who is treating you before taking this medicine.

Side effects

This medicine can cause side effects just like any other medicine.

It may cause nausea, vomiting, headaches and stomach ache. These side effects usually ease off after 1-2 days.

Call the Municipal Health Service (GGD) at [telephone number] if you suffer from side effects or no longer wish to take the medicine. Always discuss the situation with a doctor before you stop taking it.

You can also report any side effects to the Netherlands Pharmacovigilance Centre Lareb via [www.lareb.nl.](http://www.lareb.nl/)