

# OSELTAMIVIR TABLETS / DS “TOWA”

## Information for Patients, Families, and Communities

OSELTAMIVIR TABLETS / DS “TOWA” is a medicine designed to **help stop the spread of the influenza virus in the body and to quickly help alleviate fevers and other symptoms.**

### **Take twice a day for five days.**

- Follow your doctor's or pharmacist's instructions, and **take the entire course until it is finished.**
- Even if your symptoms improve, the influenza virus may still be in your body, and there may still be a risk of infecting others around you, so you should try to rest while taking this medicine.

Common side effects include abdominal pain, diarrhea, vomiting, rash, hives. Bleeding may also occur. Please contact a doctor if you notice bleeding such as blood in stool, vomiting blood, or abnormal uterine bleeding (bleeding occurs at an irregular time.).

### **Please be aware of the following to avoid accidents such as falls due to abnormal behavior**

**Jumping from high places or other abnormal behavior could occur when infected with influenza. (Be especially careful for two days after the onset of fever!) Be sure to lock windows and take careful measures to prepare for abnormal behavior.**

- There have been reports of fatal accidents thought to be caused by abnormal behavior involving influenza patients, independent of whether or not anti-influenza medication was being taken, or what type.
- Abnormal behavior has most often been reported to occur: ① in children of school age and male minors (with some reports of female minors); and ② within two days of the onset of fever.

#### **Examples of Abnormal Behavior**

- Suddenly standing and attempting to leave the room
  - Getting agitated and attempting to open the window and go onto the balcony with the intention of jumping
  - Having the feeling of being attacked and rushing outside
  - Suddenly laughing and running up the stairs
  - Leaving the house and walking outside, and being unresponsive when spoken to
  - Saying strange things, or walking around the room crying, etc.
- **To minimize the possibility of the person on the medicine—especially a child or minor—falling or getting into an accident, please follow the measures detailed below for at least two days from the onset of fever, including during sleep.**
- Make sure to lock all doors and windows (when applicable, internal locks, chain locks, and support locks)
  - Put them to sleep in a room without a balcony
  - Where possible, put them to sleep in a room with window bars
  - For multi-storied residences, where possible, put them to sleep on the ground floor

Check the box ☒ after taking the medicine. Day you received the drug:    /   

Dose check	1st day of fever (    /    )		Day 1		Day 2		Day 3		Day 4		Day 5		Day 6	
	Morn.	Eve.	Morn.	Eve.	Morn.	Eve.	Morn.	Eve.	Morn.	Eve.	Morn.	Eve.	Morn.	Eve.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Temperature	40°C (104°F)													
	39°C (102.2°F)													
	38°C (100.4°F)													
	37°C (98.6°F)													
	36°C (96.8°F)													













Please contact your doctor if the following symptoms occur while taking this medicine.

- ☒ slow response when they are called
- ☒ delirium
- ☒ seizure
- ☒ inability to focus eyes
- ☒ loss of consciousness
- ☒ other obviously unusual behavior. etc.

The Ordinance for the Enforcement of the School Health and Safety Act stipulates the standard period of time students should stay home from school as follows.

**If it has not yet been five days since the onset of the flu, and two days since the child's fever came down (three days for infants), the child may not attend school.**

However, this restriction does not apply if a doctor determines, based on the child's symptoms, that they are not at risk of infecting others.

	Date of onset	Cannot return within five days of onset					Day 6	Day 7
		Day 1	Day 2	Day 3	Day 4	Day 5		
<b>Ex. 1</b> Fever comes down on second day after onset	 Fever	 Fever	 Fever comes down	1st day after fever	2nd day after fever	Cannot return within five days of onset	Okay to return to school	
<b>Ex. 2</b> Fever comes down on third day after onset	 Fever	 Fever	 Fever	 Fever comes down	1st day after fever	2nd day after fever		
<b>Ex. 3</b> Fever comes down on fourth day after onset	 Fever	 Fever	 Fever	 Fever	 Fever comes down	1st day after fever	2nd day after fever	
If it has not been two days since the child's fever came down (three days for infants), the child may not attend school.								

Please consult with a doctor or pharmacist for any questions you may have. To prevent accidental ingestion of this medicine, be sure to store it out of the reach of children.