

Antiviral Drugs

Most people with flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of flu and are at increased risk for complications, are very sick or worried about your illness, contact your health care provider. CDC recommends prompt early treatment for people who have flu or suspected flu who are at higher risk of serious flu complications, such as people with asthma, diabetes, or heart disease.

Antiviral drugs can help treat flu illness:

Antiviral drugs are different from antibiotics. Flu antivirals are prescription medicines (pills, liquid, intravenous solution, or an inhaled powder) and are not available over the counter.

Antiviral drugs can make illness milder and shorten the time you are sick. They might also prevent serious flu complications, like pneumonia, when treatment is started early.

It's very important that antiviral drugs be started early after symptoms begin to treat people who are very sick with flu (for example, people who are in the hospital) and people who are sick with flu and have a greater chance of getting serious flu complications, either because of their age or because they have a higher risk medical condition. Other people also might be treated with antiviral drugs by their doctor. Most otherwise-healthy people who get flu, however, do not need to be treated with antiviral drugs.

Studies show that flu antiviral drugs work best for treatments when they are started within two days of getting sick. However, starting them later can still be helpful, especially if the sick person has a higher-risk health condition or is very sick from flu (for example, hospitalized patients). Follow your doctor's instructions for taking these drugs.

Reference

[The Doctor of Nursing Practice Project: A Framework for Success](#)

[Handbook of Research on Nano-Strategies for Combatting Antimicrobial Resistance and Cancer \(Advances in Medical Technologies and Clinical Practice\)](#)