

# GOT FLU?

# STAY AT HOME

If you experience a sudden fever, cough or shortness of breath or have a headache, sore throat, tiredness, aching muscles, chills, sneezing, runny nose or loss of appetite you may have swine flu.

For most people this is a mild illness and you should start to feel better after a few days without needing to go to your GP, A&E or walk-in centre.

Help yourself and others by not spreading the virus.

The best thing you can do is stay at home, drink plenty of fluids and take over-the-counter flu remedies to help relieve the symptoms.

It is particularly important that you talk to your doctor if you think you have swine flu and are pregnant, very young, over 65, or have long-term health conditions such as asthma or diabetes.

## **1 If you feel very unwell**

Check your symptoms online at [www.nhs.uk](http://www.nhs.uk)

## **2 Still concerned?**

If you have taken these steps and are still concerned call NHS Direct on 0845 4647 or your GP for more advice.

## **3 Please do not go to A&E or a walk-in centre**

unless you are seriously ill.