

**SWINE FLU
INFORMATION**
0800 1 513 513
www.nhs.uk
www.direct.gov/swineflu

NHS
Cornwall and Isles of Scilly

SWINE FLU HOW TO GET ADVICE AND TREATMENT

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

For advice:

Call the flu information line on **0800 1 513 513** or check your symptoms on www.nhs.uk

If you're still concerned call NHS direct on **0845 4647**.

Only call your GP if advised to do so after following these steps.

Help yourself and others by not spreading the virus.

HIGH RISK GROUPS: CALL YOUR GP IF YOU BECOME UNWELL

- People with long-term lung disease or asthma; kidney disease; neurological disease; liver disease; heart disease; diabetes.
- Children under 5 years old
- People aged over 65
- People with a suppressed immune system
- Pregnant women

**PLEASE DO NOT GO TO YOUR GP'S SURGERY OR
ACCIDENT & EMERGENCY, UNLESS YOU ARE SERIOUSLY
ILL, AS YOU MAY SPREAD THE VIRUS TO OTHERS.**