Useful telephone numbers

NHS Direct 0845 46 47
Flu help line 08001 513 513
Doctor ..........................
Carer ..........................
.................................
.................................
.................................
Health Facilitator ..........................

You can get more easy read information about swine flu on the NHS website www.nhs.uk

Important information about Swine Flu

Stop it spreading

Catch it
Bin it
Wash your hands

For more information see www.cwp.nhs.uk.
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This is how you will feel if you get swine flu

Feel very hot

Feel very hot

Tired and ache all over

Tired and ache all over

Short of breath

Short of breath

Sore throat

Sore throat

Runny nose

Runny nose

Cough and sneeze

Cough and sneeze

Not want to eat food

Not want to eat food

What to do if you get swine flu

Stay at home until you feel better

Stay at home until you feel better

Have lots to drink and take some painkillers

Have lots to drink and take some painkillers

Phone the flu helpline 08001 513 513

Phone the flu helpline 08001 513 513

They will talk to you about how you are feeling and give you advice

They will talk to you about how you are feeling and give you advice

You can get information on the flu website

You can get information on the flu website

www.pandemicflu.direct.gov.uk

www.pandemicflu.direct.gov.uk

If you are still worried phone your doctor

If you are still worried phone your doctor

Do not go to the surgery or hospital unless you are told to

Do not go to the surgery or hospital unless you are told to

Phone your family or carers

Phone your family or carers

They will get medicine and food for you

They will get medicine and food for you