

What to do if you think you have swine flu

Contact the national pandemic flu service online at www.direct.gov.uk/Pandemicflu or telephone 0800 1 513 1000 or minicom 0800 513 200.



If you need antiviral drugs the staff at the flu service will issue you with an authorisation number. Ask one of your flu friends* to pick up your drugs from a local collection point (the flu service staff will tell you where this is located). A flu friend can be a member of your family, a friend, a neighbour or a colleague.



If you have symptoms of swine flu inform your employer or school and stay at home until you are free from symptoms.

Swine flu symptoms are moderate and most people will be able to look after themselves at home. However, if you have a serious underlying illness; are pregnant; have a sick child under one year old; your condition suddenly gets much worse or your condition is still getting worse after seven days(five for a child) telephone your doctor (GP) – **do not go to the GP's surgery or to A&E.**



You should take your medicine as instructed. Antiviral medicines are not a cure for swine flu but will help to reduce the length of time you are ill and relieve some of the symptoms.

Return to work or school only when you are free from symptoms.



More information on swine flu is available through www.nhs.uk

*You should have a list of flu friends ready before you become ill. Agree among friends and family who will collect medicine on your behalf.