

## **Swine Flu: Advice to stay at home**

If you feel unwell and have recently travelled to Mexico or another affected area and have one of the following:

- Fever of 38 degrees or more
- History of fever AND flu-like illness (two or more of the following symptoms: cough, runny nose, limb / joint pain, headache)
- Other severe life-threatening illness suggestive of an infectious process

Please **STAY AT HOME** and contact the surgery or phone NHS Direct on 0845 4647 for further details

Further information can be found on the NHS Choices website at:  
[www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)

An NHS leaflet, "Important information about Swine Flu" is available at:

<http://www.nhsdirect.wales.nhs.uk/www.nhsdirect.wales.nhs.uk/language/Swineflublicinfo/leaflet.pdf>

### **To protect yourself and your family:**

Good hygiene is the key:

- Use a tissue to cover your nose and mouth when coughing or sneezing
- Dispose of dirty tissues carefully and only use a tissue once
- Wash your hands frequently with soap
- Clean hard surfaces such as kitchen worktops and door handles using a normal cleaning product

If you do have flu-like symptoms:

- Stay at home and rest
- Take medicines such as aspirin, ibuprofen or paracetamol to relieve the symptoms (children under 16 must not be given aspirin or flu remedies containing aspirin)
- Drink plenty of fluids