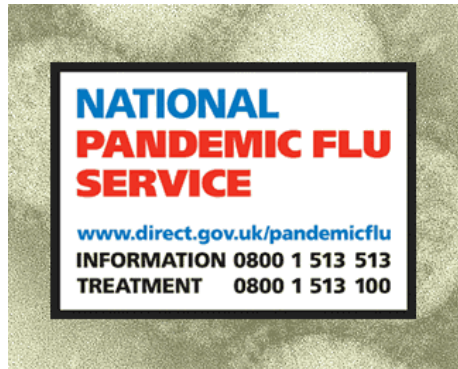


SWINE FLU

This guide has been put together to give you help and advice on Swine Flu.



The symptoms of SWINE FLU are similar to the symptoms of regular seasonal flu and include:

- Fever (sudden and a high body temperature of 38c/ 100.4f or above)
- lack of energy
- lack of appetite
- coughing
- runny nose
- sore throat
- nausea
- vomiting
- diarrhoea or stomach upset
- aching muscles
- Limb or joint pain

If you think you might have SWINE FLU, check your symptoms or call 0800 1 513 100 (0800 1 513 200 for textphone). Contact your GP directly if:

- you have a serious underlying illness
- you are pregnant
- you have a sick child under one year old
- your condition is still getting worse after seven days (five for a child)

People in England should contact the National Pandemic Flu Service if they think they may have swine flu. You can now get antivirals to treat swine flu from a local collection point without seeing your GP. People who have swine flu symptoms will be given a unique access number and told where their nearest antiviral collection point is. They should then ask a flu friend - a friend or relative who doesn't have swine flu - to go and pick up their antivirals from their nearest antiviral collection point. The flu friend must show their own ID as well as that of the patient.

If you are in Scotland, Wales or Northern Ireland the advice is different – please refer to the specific contact details below.

SCOTLAND

People in Scotland who are worried about flu-like symptoms should continue to contact their GP or call NHS 24 on 08454 24 24 24. Or for more information visit www.scotland.gov.uk or www.nhs24.com

WALES

In Wales, please phone NHS Direct on 0845 46 47 or phone their GP. Or for more information visit www.wales.gov.uk or www.nhsdirect.wales.nhs.uk

NORTHERN IRELAND

People in Northern Ireland who are worried about flu-like symptoms should stay at home and contact their GP or the Northern Ireland helpline on 0800 0514 142 which operates daily from 8am - 8pm. Or for more information visit www.nidirect.gov.uk or www.dhsspsni.gov.uk

TRAVEL

It has been advised by the government that if you have swine flu, do not travel until after your symptoms have stopped.

If you need to cancel your holiday, keep all the original documentation you receive, including the label from your medication, as insurers will need it to validate your travel insurance claim.

If you are sick – evidence for your employer.

If you are employed you should follow the procedure for notifying your employer of your illness. The government has advised that you do not need to provide a doctor's sick note for the first seven days you are sick.

Your employer may ask you to fill in a self-certificate of their own design or form SC2 which you can get from your GP's surgery, or from the HM Revenue and Customs (HMRC) website.

If you are sick for more than seven days, you will need to ask your doctor for a sick note for your employer. If you need any more information visit www.directgov.uk