

means that children who are well can continue their schooling and that working parents do not have to take time off work to look after their children.

DOS AND DON'TS

- Do** Protect yourself and your family from catching or spreading Swine Flu through good basic hygiene
- Do** Check your symptoms at www.nhs.uk or by calling 0800 1 513 513
- Do** Stay at home and phone your GP if you think you have the symptoms of Swine Flu
- Do** Keep yourself isolated and send a friend or family member to pick up any prescription or antiviral drugs
- Do** Keep an eye on national and local press and media for further information
- Don't** Go to work or stay around others if you think you have Swine Flu – keep yourself isolated to stop the spread of this flu bug
- Don't** Go to A&E if you think you have Swine Flu – they will not be able to give you antiviral drugs
- Don't** Ask your GP for antiviral drugs if you are not unwell and not in an at risk group

SOURCES OF USEFUL INFORMATION

NHS Hillingdon website www.hillingdon.nhs.uk
NHS Choices website www.nhs.uk
Health Protection Agency website www.hpa.org.uk
Swine Flu Information Line 0800 1 513 513

For any queries you may have about the information in this leaflet, or for any question that you feel it does not answer, please email swineflu@hillingdon.nhs.uk or call 01895 452088.

If you require this leaflet in another language or another format (eg. large print, audio cassette, braille) please contact us on tel: 01895 452105 and we will do our best to meet your needs.

اگر شما این رساله (لیفلت) را به زبان دیگر و یا به شیوع دیگر (طور مثال: چاپ کلان، با صدا، خط مخصوص برای نابینایان) نیاز دارید لطفاً با این شماره به تماس شوید 01895 452105 و ما کوشش نهایی خود را میکنیم تا ضرورت شما را بر آورده نمایم.

如您需要本小册子的其它语言或其它格式的版本（如大字印刷、录音磁带、盲文）请致电01895 452105与我们联系，我们会尽力满足您的要求。

که تاسی دی لیفلت (رسالی) ته په بله ژبه او یا بله بڼه (غږ چاپ، غږ، نابینایان و لپاره مخصوص خط) کې ضرورت لری، لطفاً په دی شمیره تماس ونیسی 01895 452105 او مونږ به خپله پوره هڅه وکړو چې ستاسې ضرورت پوره کړو.

Se desejar obter este folheto em outra língua ou em outro formato (por exemplo: em letras maiúsculas, áudio ou Braille) contacte-nos por favor através do número 01895 452105 e faremos o possível para ajudar.

Haddii aad ku doonayso macluumaad-sidahan luuqaad kale ama qaab kale (tusaale far waawayn, cajalad dhagaysi, Farta dhagoolayaasha) fadlan nagala soo xariir teleefoonka 01895452105 annagoo isku dayayna sida ugu haboon inaan baahidaada wax uga qabano.

What you need to know about SWINE FLU

If you have a

- Sudden fever, and/or
- Sudden cough

and one or more of the following

- Headache
- Tiredness
- Chills
- Aching muscles
- Limb or joint pain
- Diarrhoea or stomach upset
- Sore throat
- Runny nose
- Sneezing
- Loss of appetite

You may have Swine Flu

Most people with Swine Flu in Hillingdon have had mild symptoms and responded well to treatment. The flu symptoms will normally last a few days, and when you feel better you can continue your normal routine without risk to others.

THIS LEAFLET CONTAINS INFORMATION ON:

- What you can do to reduce the chance of catching or spreading Swine Flu
- What to do if you think you have Swine Flu
- Vaccination
- Your questions answered
- Dos and don'ts
- Sources of useful information

WHAT YOU CAN DO TO REDUCE THE CHANCE OF CATCHING OR SPREADING SWINE FLU

To reduce the chance of catching or spreading this bug you should:

- Always cover your nose and mouth with a tissue when coughing or sneezing
- Dispose of dirty tissues promptly and carefully
- Maintain good basic hygiene, for example washing hands frequently with soap and warm water to reduce the spread of the bug from your hands to face, or to other people
- Clean hard surfaces, such as door handles, frequently using a normal cleaning product

WHAT TO DO IF YOU THINK YOU HAVE SWINE FLU

If you think you have Swine Flu you can check your symptoms by calling the Swine Flu Information Line on [0800 1 513 513](tel:08001513513) or visiting the NHS Choices website www.nhs.uk.

DO NOT GO TO A&E

The antiviral drugs that can help to ease the symptoms of Swine Flu are not available from hospitals.

You can then choose to **STAY AT HOME** and look after yourself by:

- Getting plenty of rest
- Drinking plenty of fluids
- Taking pain relief or over the counter cold and flu medication (ask your pharmacist for advice)

If you feel it is still necessary you can call your GP or out of hours service. Your GP will diagnose you over the phone and if appropriate can offer you treatment with antiviral drugs. If you decide to take the antivirals, you should then ask a friend or family member who does not have Swine Flu to pick up your prescription and collect your antiviral drugs from the pharmacy.

In either case it is important that you STAY AT HOME to help stop the spread of this flu bug.

Antiviral drugs, such as Tamiflu, are not a cure but can help you to recover if taken within 48 hours of symptoms developing. They help by:

- Relieving some of the symptoms
- Reducing the length of time you are ill by around one day
- Reducing the potential for serious complications, such as pneumonia

For some people there may be side effects associated with taking antiviral drugs. For Tamiflu these include:

- Nausea
- Vomiting
- Diarrhoea
- Stomach ache
- Headache

Some groups of people are more at risk from becoming seriously ill with this flu, such as:

- People with chronic lung, heart, kidney, liver or neurological disease
- People with suppressed immune systems
- People with diabetes
- People who have had drug treatment for their asthma within the past three years
- Pregnant women
- People aged 65 and over, and children under five

IF YOU BELONG TO ONE OF THESE GROUPS, AND YOU HAVE FLU SYMPTOMS, PLEASE CONTACT YOUR GP IMMEDIATELY.

VACCINATION

Features of previous flu pandemics suggest that Swine Flu may become more widespread in the autumn or winter.

Progress is being made to develop a vaccine for Swine Flu, and the first batches of vaccines are expected to become available in September. The Government has ordered enough vaccine for the entire population, to be delivered later in the year, and vaccination programmes will be arranged to limit the impact of Swine Flu. Those at greatest risk will be immunised first.

YOUR QUESTIONS ANSWERED

How dangerous is Swine Flu? Most people with Swine Flu have had mild symptoms and responded well to treatment. Like any other type of flu, some people will die from Swine Flu if they have underlying health problems (see above), which can reduce their resistance to the bug, or if they develop complications such as pneumonia.

If I have been in contact with someone who has, or has had, Swine Flu, do I need treatment? You only need treatment if you have been diagnosed with Swine Flu and your doctor decides it is necessary. If you do not feel unwell soon after being in contact with someone with Swine Flu, then you should not worry. If someone has had Swine Flu, and is no longer unwell, then you cannot catch it from them.

Does the UK have enough antiviral drugs to treat Swine Flu? The UK already has a stockpile of antivirals sufficient to treat half the population, and orders have been placed to treat 80% of the population.

Does Swine Flu pose special risks if I am pregnant, and can I take the antiviral drugs? During pregnancy you may have an increased risk of complications from any type of flu, especially in the second or third trimester. You can take antiviral drugs on the advice of your doctor. Relenza is an inhaled antiviral drug that treats flu without reaching the developing foetus.

Someone at my child's school has Swine Flu, why isn't the school closing? The Health Protection Agency has advised that schools should stay open if a child or member of school staff develops Swine Flu. If a school is not able to operate because of levels of illness, then the school may make a decision to close. This common sense approach