

Swine Flu...

What it really means

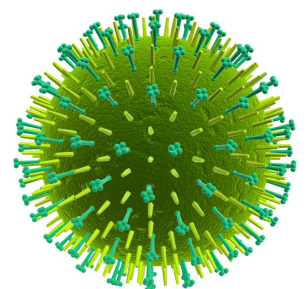
Swine flu is generally mild and currently poses little risk to those that do not have an existing health condition.

If you don't have an existing health condition, the best thing you can do is take your temperature using a thermometer, obtained from your pharmacist (skin temperature readings are not reliable). Unless it reads 38 degrees or above please stay at home, take plenty of fluids and over the counter flu remedies.

If you do have a temperature of 38 degrees or above please do not come in to the practice. If you need to talk to a GP please call us and we will assess you over the phone - this will help us to limit the spread of this flu bug.

Good hygiene is the best way to limit the spread of this bug. Please remember:

- To wash your hands regularly with soap and water
- To use tissues when necessary and throw them away
- If you do catch flu please stay at home - you will be infectious



You can also contact NHS Direct on 0845 4647 or check www.nhs.uk for further information.