

Things to remember...



Stay at home



Check your symptoms



Flu Friends

Where to get more information...

Swine Flu Information Line

0800 1 513 513

Or NHS Direct 0845 4647



Or you can visit these websites:

www.nhs.uk

www.direct.gov.uk/swineflu



Remember:

CATCH IT - BIN IT - KILL IT



Produced by: Developmental Neurosciences & Learning Disabilities Directorate
Health Access Team, Mytton Oak. Tel: 01743 261181



With acknowledgment to:
Change Picture Bank, Google Images, Photosymbols, Department of Health



Swine Flu.

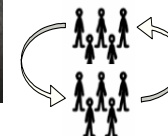
What you need to know...



This leaflet will give you information on...



What is swine flu?

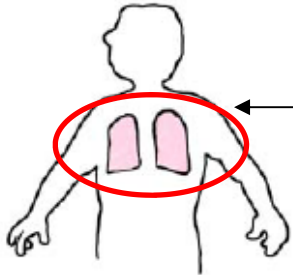


How it could spread?

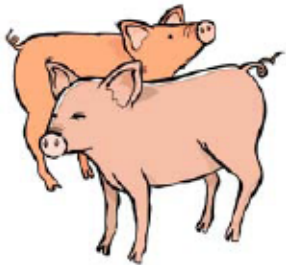


What you can do to protect yourself and other people against swine flu.

What is swine flu?



Swine flu is an illness of the lungs.



It is called swine flu because it is a bit like an illness that pigs can get. (swine is another word for pigs.)



Swine flu is caused by a virus. A virus is a sort of germ which makes people ill. The swine flu virus is spreading among people.

Things you need to do...



When you cough or sneeze, cover your nose and mouth with a tissue.

CATCH IT



After you have coughed or sneezed into a tissue, put it in the bin.

BIN IT



Always wash your hands with soap and water.

KILL IT



Do **NOT** go into your doctor's surgery or local hospital unless you are told to or you are seriously ill. This is because you might spread the flu to other people.

What are Flu Friends...?



Flu friends are neighbours, friends and family who can help you if you get ill.



They could do things like collect medicines or food for you if you are ill, so that you do not have to leave home.



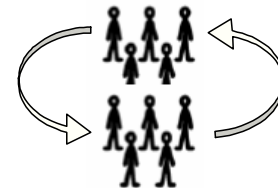
If you are ill and you need something, ask a flu friend to go out for you.

Be ready and pick your Flu Friends!

What does a pandemic flu outbreak mean?



Pandemic means across the world.



An outbreak is when a lot of people get a disease very quickly.

How does flu spread?



Flu is spread through the droplets that come out of your nose and mouth when you cough or sneeze.



If you cough or sneeze into your hand it is easy to spread the virus from your hand onto other things you touch.

How will I know if I have got swine flu...



You may :

- Suddenly feel hot or cold.



- Have a cough



- Feel short of breath

You may also have:

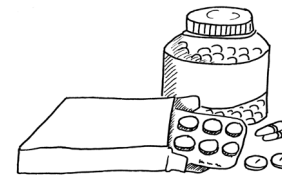
- A headache
- Feel tired
- Sore throat
- Sneezing
- Runny nose
- Not wanting to eat



Medicines



The medicines for flu are ready to treat more than half the people in the UK, and the government are making more.



These medicines do not cure swine flu, but could help you to get better quicker.



The medicines can:

- Get rid of some of the symptoms.
- Make you better more quickly.
- Help to stop you getting other problems like a bad chest infection.

