

Swine Flu Advice for Patients

If you think you have Swine Flu please be considerate to others, stay at home and either ring your GP, or the National Flu Helpline on 0800 1 513 513 or NHS Direct on 0845 46 47.
Thank you.



If you think you have Swine Flu:

- ❑ You will have a fever of at least 38 degrees centigrade and at least two of the following: cough, sore throat, runny nose, headache and joint or limb pain.
- ❑ You will probably not need to visit the doctor to provide swabs.
- ❑ You will need to isolate yourself and follow the hygiene advice below.
- ❑ If antivirals are prescribed you will need an unaffected friend or relative to collect the prescription and take it to one of the 6 chemists in Somerset that stock the medicine.
- ❑ You will not have to pay for the prescription.

General infection control practices and good respiratory hand hygiene can help to reduce transmission of all viruses, including swine flu. This includes:

- Maintaining good basic hygiene, for example washing hands frequently with soap and water to reduce the spread of virus from your hands to face or to other people.
- Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product.
- Covering your nose and mouth when coughing or sneezing, using a tissue when possible.
- Disposing of dirty tissues promptly and carefully.
- Making sure your children follow this advice.