

# Swine Flu – do you need to see a Doctor?

Swine flu does not cause serious illness in most people.

## ADVICE FOR OTHERWISE HEALTHY PEOPLE

Healthy people who catch flu do **NOT** normally need to see their GP.

Where symptoms are mild you can manage yourself at home with rest, plenty of fluids and paracetamol for aches and pains: there is little benefit from Tamiflu although it may still give you side effects.

If you feel particularly unwell you can call the National Flu Line for assessment on **0800 1 513 100** or [www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu)

## ADVICE FOR PEOPLE IN AT RISK GROUPS

People who may be at risk from swine flu include:

- Children under one
- Pregnant women
- People with immune problems – either due to disease or treatment
- People with underlying health problems like lung disease, heart disease or diabetes.

If you are in one of these groups and develop flu symptoms you should call the National Flu Line promptly for assessment on **0800 1 513 100** or [www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu)

If you have flu and need to contact your GP please phone first rather than come into the surgery as we are trying to limit the spread of infection.

Flu symptoms include:

High fever over 38°C AND  
Cough, runny nose or sore throat, OR  
Headache or aches and pains in the arms and legs, OR  
Diarrhoea and vomiting

You can do your bit to stop flu spreading by:

- Washing your hands regularly with soap and water
- Use tissues when necessary and dispose of them properly
- If you catch flu please stay at home

You can contact NHS Direct on 0845 4647 or check [www.nhs.uk](http://www.nhs.uk) for further information