

# SWINE FLU INFORMATION

0800 1 513 513

[www.nhs24.com](http://www.nhs24.com)

[www.nhshighland.scot.nhs.uk](http://www.nhshighland.scot.nhs.uk)



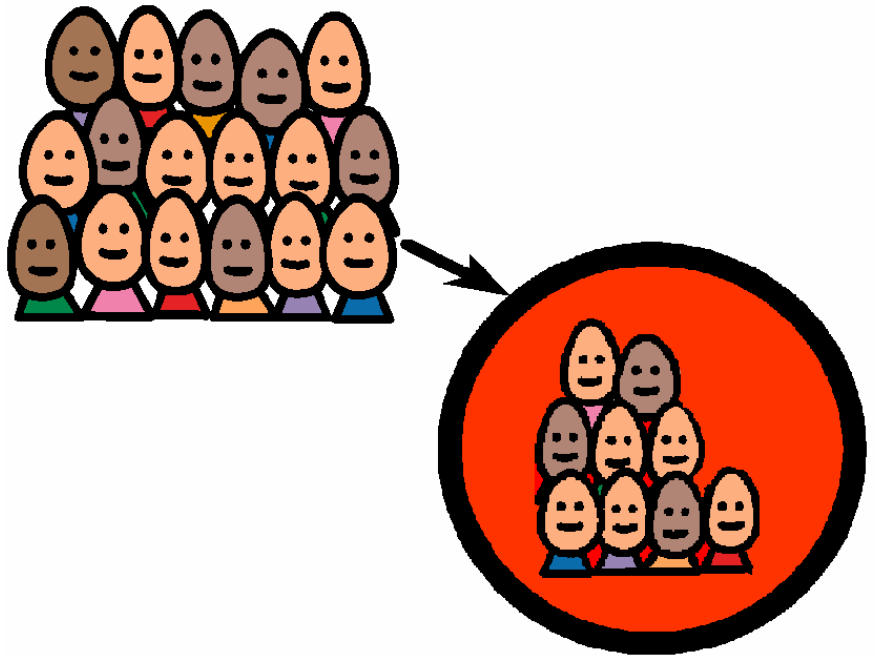
# IMPORTANT INFORMATION ABOUT SWINE FLU

# What is Swine Flu?

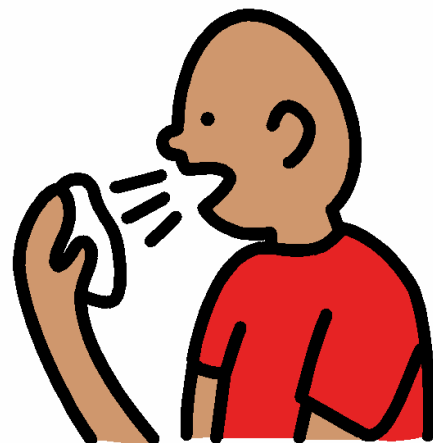
Swine Flu is the name of a new kind of flu bug.



Swine Flu has now been found in some people



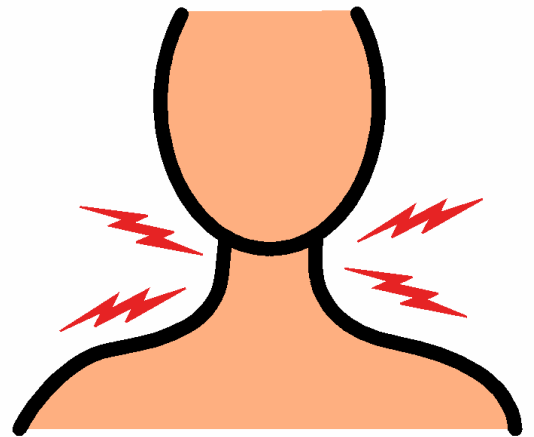
If you have Swine Flu you might cough or sneeze



You might also feel ill and very hot



You might also get a sore throat

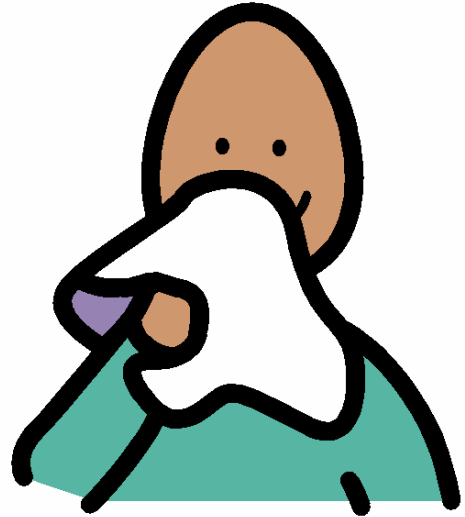


And you might be sick and have diarrhoea



# How to keep well

Use a tissue to cover your nose and mouth when you cough and sneeze



Put the dirty tissue in the bin straight away

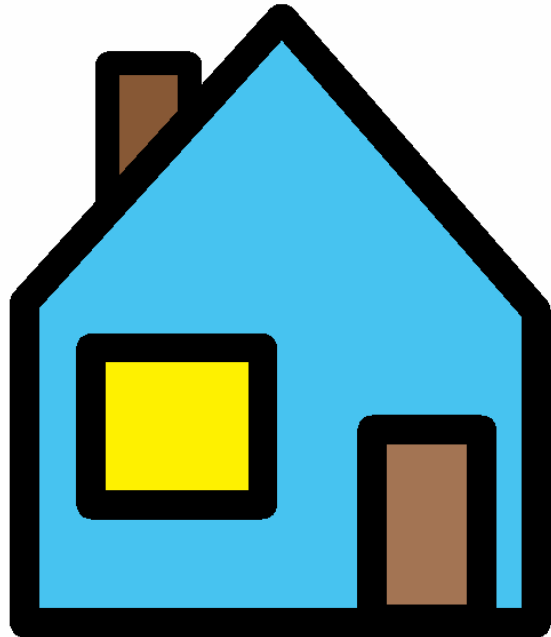


Wash your hands with soap and water as soon as you can

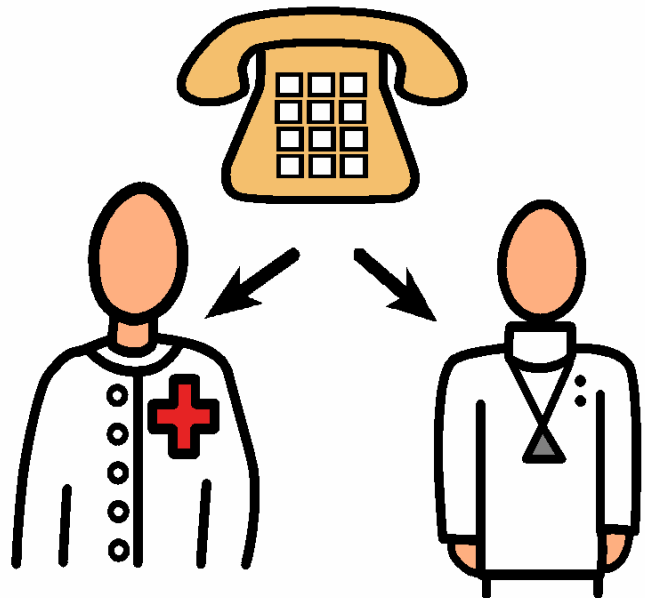


If you think you have Swine Flu

Stay at home



Phone your nurse or doctor



## You can also get help from:

The Swine Flu Information Line

**0800 15 13 513**



NHS 24 Helpline

**08454 24 24 24**



[www.nhs24.com](http://www.nhs24.com)



You can use this page to make a list of phone numbers of people you know who may help you:

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