

Useful telephone numbers

NHS Direct 0845 46 47

Flu help line 08001 513 513

Doctor

Carer

.....

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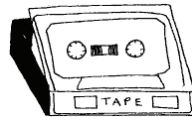
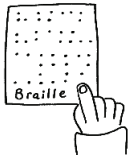
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Health Facilitator

You can get more easy read information about swine flu on the NHS website www.nhs.uk



This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.
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Cheshire and Wirral Partnership **NHS**
NHS Foundation Trust

Important information about Swine Flu



Stop it spreading



Catch it



Bin it



Wash your hands

This is how you will feel if you get swine flu



Feel very hot



Tired and
ache all over



Headache



Short of breath



Sore throat



Runny nose



Cough and sneeze



Not want to eat food

What to do if you get swine flu



Stay at home until you feel better
Have lots to drink and take some
painkillers

Phone the flu helpline 08001 513 513
They will talk to you about how you are
feeling and give you advice



**You can get information on the flu
website**
www.pandemicflu.direct.gov.uk



**If you are still worried phone your
doctor**
Do not go to the surgery or hospital
unless you are told to

Phone your family or carers

They will get medicine and food for you

