

**SWINE FLU  
INFORMATION**

**0800 1 513 513**

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

[www.direct.gov.uk/swineflu](http://www.direct.gov.uk/swineflu)

## **Latest update – swine flu**

### **No 1**

This update has been produced to partner organisations, including employers across the region, about swine flu. We plan to issue regular updates to you – please can you share these with your members of staff.

#### **PUBLIC INFORMATION LEAFLET**

From this week, every household in the country will receive a leaflet called *Important Information About Swine Flu*. This leaflet will explain:

- what swine flu is and how it can spread,
- what preparations the UK governments have made,
- what people can do to protect themselves and others,
- what people should do if swine flu becomes more widespread,
- what to do if you develop symptoms, and
- how you can keep up to date with the latest information about swine flu.

#### **PUBLIC INFORMATION PHONE LINE**

A Swine Flu Information Line is now in operation – call 0800 1 513 513.

#### **WHERE CAN I FIND MORE INFORMATION**

The NHS Choices website will carry regular updates for the public. Go to [www.nhs.uk](http://www.nhs.uk)

## WHAT SHOULD YOU DO IF YOU THINK YOU MAY HAVE FLU AND HAVE JUST RETURNED FROM MEXICO OR AN AFFECTED COUNTRY

- Stay at home;
- Check your symptoms on [www.nhs.uk](http://www.nhs.uk) if possible;
- Call the Swine Flu Information line on 0800 1 513 513 to hear the latest advice;
- If they have taken these steps and are still concerned, they should call their GP. Or in England and Wales, call NHS Direct on 0845 4647, in Scotland call NHS 24 on 08454 24 24 24, and in Northern Ireland call 0800 0514 142. They will give advice on symptoms and the next steps to take.
- People should not go into their GP surgery or local accident and emergency department unless advised to do so, or if they are seriously ill, because they might spread the illness to others.