

GOT FLU? STAY AT HOME

If you experience a sudden fever, cough or shortness of breath or have a headache, sore throat, tiredness, aching muscles, chills, sneezing, runny nose or loss of appetite you may have flu.

For most people this is a mild illness and you should start to feel better after a few days without needing to go to your GP, walk-in centre/polyclinic or A&E.

Help yourself and others by not spreading the virus.

The best thing you can do is stay at home, rest, drink plenty of fluids and take over-the-counter flu remedies to help relieve the symptoms.

If you have not had your seasonal flu vaccine and are pregnant, very young, over 65, or have a long-term condition such as asthma or diabetes, then please contact your GP practice.

What now?

1 If you feel very unwell

Check your symptoms online at www.nhs.uk

2 Still concerned?

If you have taken these steps and are still concerned call NHS Direct on 0845 46 47 or your GP for more advice.

3 Please do not go to A&E unless you are seriously ill.