



# Swine Flu.....

## What it really means

**Swine flu is generally mild and currently poses little risk to those who are normally healthy.**

If you are normally healthy, the best thing you can do is take your temperature using a thermometer (skin temperature readings are not reliable). If it reads below 38<sup>0</sup> C (100.4<sup>0</sup> Fahrenheit) please stay at home, take plenty of fluids and over-the-counter flu remedies.

**If you do have a temperature of 38<sup>0</sup>C or above please do not come into the practice. If you need to talk to a GP please call us and we will assess you over the phone. This will help us limit the spread of this flu bug.**

**Good hygiene is the best way to limit the spread of this bug. Please remember:**

- Wash your hands regularly with soap and water.
- Use tissues when necessary and bin them properly, at once.
- If you do catch flu, please stay at home! You will be infectious.

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