

# SWINE FLU

## Important notice



## Do you think your child has swine flu?

Do they have a **high temperature** (38°C or above) and **two or more** of the following symptoms?

- Cough or shortness of breath
- Loss of appetite
- Aching muscles
- Runny nose/sneezing
- Diarrhoea/vomiting
- Tiredness
- Limb or joint pain
- Sore throat
- Headache

**If so, please do not bring them in!**

Please take your child home and contact either:

**The National Pandemic Flu Service**

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

Tel: 0800 1 513 100/Minicom: 0800 1 513 200

**OR your GP if**

- Your child is under 12 months old
- Your child has underlying health problems
- Their condition is still getting worse after five days
- Their condition suddenly gets much worse at any time



Swine flu is generally mild and most people recover at home.

For more information on swine flu visit [www.nhs.uk](http://www.nhs.uk) or [www.hpa.org.uk](http://www.hpa.org.uk)