

Swine Flu

Do you need to see a Doctor?

Swine flu does not cause serious illness in most people.

ADVICE FOR OTHERWISE HEALTHY PEOPLE

Healthy people who catch flu do not normally need to see their GP.

Where symptoms are mild you can manage yourself at home with rest, plenty of fluids and paracetamol for aches and pains: there is little benefit from Tamiflu although it may give you side effects.

ADVICE FOR PEOPLE IN AT RISK GROUPS

People most at risk from swine flu include:

Children under one

People with serious immune problems – either due to disease or treatment -

Pregnant women

If you are in one of these groups and develop flu symptoms you should call your GP promptly for assessment.

People with underlying health problems like lung disease, heart disease or diabetes, and older people are also at increased risk from swine flu. **If you have a long term health problem or are over 65 and develop flu symptoms you should call your GP if your condition is deteriorating.**

If you have flu and do need to contact your GP please phone first rather than come into the surgery as we are trying to limit the spread of infection.

You can do your bit to stop flu spreading by:

Washing your hands regularly with soap and water

Use tissues when necessary and dispose of them properly

If you catch flu please stay at home

Flu symptoms include:

High fever over 38°C AND

Cough, runny nose or sore throat, OR

Headache or aches & pains in the arms & legs, OR

Diarrhoea and vomiting