

## DO I NEED A FACE MASK?

You may have seen face masks being given out to the public in other countries on the news. However, the available scientific evidence shows that these basic face masks don't protect people from becoming infected.



The best way to protect yourself and stop the spread of flu viruses is by using and disposing of tissues and washing your hands, as explained on the previous page.

**Remember to CATCH IT, BIN IT, KILL IT.**

## WHAT ELSE CAN I DO?

There are some other useful actions you can take now to prepare in case swine flu becomes more widespread:

### **Set up a network of 'flu friends'.**

Flu friends are neighbours, friends and relatives who can help you if you get ill. For example, they could collect medicines, food and other supplies for you, so that you don't have to leave home if you are ill.

**Keep up to date with the latest information on swine flu and follow public health advice and instructions.**

If swine flu spreads, you need to keep informed so that you know what else you can do to protect yourself and your family. As the situation changes, you should keep up to date by watching TV, listening to the radio, checking the internet and looking out for announcements in the press.

The inside front cover of this leaflet gives details of websites and phone numbers you can use to find out the latest information.

**WHAT SHOULD I DO IF I HAVE JUST RETURNED FROM MEXICO OR AN AFFECTED COUNTRY AND I THINK I MIGHT HAVE SWINE FLU?**

**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 you have taken these steps and are still concerned, call your GP. Or you can call NHS Direct on 0845 4647 in England, NHS 24 on 08454 24 24 24 in Scotland, NHS Direct Wales on 0845 4647 in Wales or in Northern Ireland call 0800 0514 142. They will give you advice on your symptoms and the next steps you should take.**

**Do not go into your GP surgery or local accident and emergency department unless you are advised to do so or you are seriously ill, because you might spread the illness to others. Ask a flu friend to go out for you.**

## **WHAT ARE THE SYMPTOMS?**

Some of the symptoms are the sudden onset of **fever**, **cough** or **shortness of breath**. Other symptoms can include headache, sore throat, tiredness, aching muscles, chills, sneezing, runny nose or loss of appetite.

It is important for us to make sure that you have up-to-date advice. This will include further information on how to access antiviral drugs, should the virus become more widespread in the UK. **The Swine Flu Information Line on 0800 1 513 513 will be updated regularly.**