

SWINE FLU ADVICE

Thursday, 20 August 2009

Last Updated Thursday, 20 August 2009

If you have flu-like symptoms and are concerned, stay at home and contact your GP or Call NHS 24 on 08454 24 24 24

What is swine flu and how serious is it?

A new strain of Influenza A (H1N1), also known as swine flu, was confirmed in the UK in April and has spread to more than 100 countries around the world.

Although symptoms have generally proved mild, a small number of patients will develop more serious illness. Many of these people have other underlying health conditions, such as heart or lung disease, that put them at increased risk.

How do I know if I have swine flu?

Flu symptoms can include:

- fever
- cough
- headache
- weakness and fatigue
- aching muscles and joints
- sore throat
- runny nose

As with any sort of influenza, how bad and how long the symptoms last will depend on treatment and the patient's individual circumstances. Most cases reported in the UK have been relatively mild, with those affected starting to recover within a week.

Check your condition with the NHS 24 swine flu symptom checker .

I think I may have swine flu, what should I do?

If you have flu-like symptoms and are concerned that you may have swine flu please do not come to the surgery:

- Check your symptoms using the NHS 24 symptom checker or call NHS 24 on 0845 4 24 24 24
- If you are still concerned, stay at home and call your GP who can provide a diagnosis
- If swine flu is diagnosed, your GP may recommend you take a course of antiviral medication. This should be collected for you by a healthy friend or relative from a collection point advised by your GP. In the meantime, take paracetamol-based cold remedies to reduce fever and other symptoms, drink plenty of fluids and get lots of rest.

General prevention measures

General hygiene can help to reduce transmission of all viruses, including the swine flu virus.

This includes:

- Covering your nose and mouth when coughing or sneezing, using a tissue when possible
- Disposing of dirty tissues promptly and carefully
- Maintaining good basic hygiene, for example washing hands frequently with soap and water to reduce the spread of the virus from your hands to your face or to other people
- Cleaning hard surfaces (such as door handles) frequently using a normal cleaning product.

Useful links and resources

[NHS 24 Swine Flu Q & A](#)

[NHS 24 Swine Flu Library](#)

[Scottish Government Swine Flu Latest](#)

[Health Protection Agency Scotland](#)

[BBC Swine Flu Centre](#)

[Fit for Travel - Swine Flu advice for travellers](#)

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