

# SWINE FLU



If you have **travelled from** an area affected by swine flu

If you develop a flu-like illness in the next seven days

**Please telephone your doctor**

## Symptoms include

- Fever
- Sore throat
- Cough
- Runny nose
- Chills
- Headache and body aches
- Some people may experience vomiting and diarrhoea

If you think you have flu, please avoid close contact with others, stay at home or in your hotel room and seek medical advice.

# SWINE FLU



## If you are **travelling to** an area affected by Swine flu

- **Avoid** any unnecessary travel while there
- **Avoid** large gatherings of people
- **Wash your hands** regularly with soap and water
- When you cough or sneeze, **cover your nose and mouth with a tissue or your sleeve**. Bin your tissue after use.
- Be aware of updated advice from local health authorities in the area you are visiting

## If you think you are ill with flu

- **Avoid** close contact with others as much as possible
- **Seek medical care**
- **Stay at home or in your hotel room**
- **Do not travel while ill**