



# SWINE FLU

## Important information for you and your family

### WHAT IS SWINE FLU?

Swine influenza is a respiratory disease normally found in pigs but human cases can and do happen. The symptoms of swine influenza in people are similar to the symptoms of regular human seasonal influenza infection and include fever, fatigue, lack of appetite, coughing and sore throat. Some people with swine flu have also reported vomiting and diarrhoea.

### WHAT CAN I DO?

Good respiratory and hand hygiene can help to reduce transmission of all viruses, including the human swine influenza. 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 face or to other people.
- Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product.
- Making sure your children follow this advice.

### RETURNING TRAVELLERS

If you have recently visited one of the countries or areas where human cases of swine influenza have been identified, it is important for you to monitor your health closely for seven days after your visit to the affected area. For information about the countries and areas where cases have been identified, visit: [www.fco.gov.uk](http://www.fco.gov.uk)

If during this period you develop a feverish illness accompanied by one or more of cough, sore throat, headache and muscle aches, you should stay at home and contact your GP by phone or seek advice from NHS Direct (0845 4647). You should make sure that you tell those from whom you are seeking advice about your recent travel to an area affected. Depending on your symptoms you may be advised that further investigations may be necessary.