

SWINE FLU

FEVER

**SHORTNESS
OF
BREATH**

COUGH

HEADACHE

TIREDNESS

CHILLS

SNEEZING

**RUNNY
NOSE**

**SORE
THROAT**

**LOSS OF
APPETITE**



North East Lincolnshire



Care Trust Plus

IF YOU GET FLU

PROTECT YOURSELF AND OTHERS

CATCH IT



SNEEZE

ALWAYS USE A CLEAN TISSUE – THEN

BIN IT



DON'T SPREAD YOUR FLU

KILL IT



WASH YOUR HANDS

WORRIED

GET A FRIEND OR CARER



**TO
TELEPHONE
YOUR GP
OR
NHS DIRECT
[0845 4647](tel:08454647)**



DO NOT SPREAD YOUR FLU

**DON'T GO TO YOUR
GP SURGERY OR
LOCAL HOSPITAL**



UNLESS

**YOU ARE ADVISED TO OR YOU
ARE SERIOUSLY ILL**

The Swine Flu Information Line 0800 1 513 513

North East Lincolnshire 
Care Trust Plus