



Swine Flu

Swine flu is a new flu that nobody has had before.
Anybody could get swine flu.

How do you get swine flu?



When people cough, sneeze and spit, flu germs come out of their nose and mouth



The flu germ can live on anything.

How to look after yourself



When you cough, sneeze or spit cover your nose and mouth with a tissue



Put the tissue in the bin



Wash your hands with soap and water.

What you should do



If you are feeling very hot



If you have a cough



If it is hard to breathe



Stay at home and telephone your doctor



Or stay at home and telephone NHS direct on 0845 4647.