

## Important notice

### Do you think your child has swine flu?

Do they have a **high temperature** (38°C or above) and **two or more** of the following symptoms:

- Cough or shortness of breath
- Runny nose/sneezing
- Headache
- Sore throat
- Aching muscles
- Tiredness
- Limb or joint pain
- Diarrhoea/vomiting
- Chills
- Loss of appetite



## If so, please do not come in!

Please take your child home and contact either:



### The National Pandemic Flu Service

[www.pandemicflu.direct.gov.uk](http://www.pandemicflu.direct.gov.uk)

Tel: 0800 1 513 100 / Minicom: 0800 1 513 200

### OR your GP if

- your child is under 1 year old
- your child has underlying health problems
- their condition is still getting worse after 5 days
- or their condition suddenly gets much worse at any time

Swine flu is generally mild and most people recover at home.

However, other potentially serious illnesses can cause the above/similar symptoms. Always seek medical advice or help if you are concerned about your or your child's illness.