

What can you do to protect yourself and others against Flu?

Follow good practice regarding respiratory and hand hygiene:

- Always carry tissues.
- Cover your nose and mouth when coughing or sneezing, and use a tissue.
- Carefully bin dirty tissues after one use .
- Wash your hands with soap and water often (or use sanitiser gel) to reduce the spread of the virus from your hands to face or to other people.
- Minimise hand contact with eyes, mouth and nose.
- Make sure your children follow this advice.

If you experience signs of flu-like symptoms you are advised to stay at home to limit contact with others, and seek medical advice.

- The symptoms of swine flu in people are similar to the symptoms of regular seasonal flu infection. Symptoms include:
 - Fever high temperature greater than 38 degrees C
 - Tiredness and fatigue
 - Lack of appetite
 - Coughing
 - Sore throat
 - Some people with swine flu have also reported having vomiting and diarrhoea.

Advice should be sought from a local health professional or by contacting:

NHS Direct Wales on 0845 4647 immediately.

Further information is available on the following web sites:

1. NPHS Wales <http://www.wales.nhs.uk/sites3/home.cfm?orgid=719>
2. HPA <http://www.hpa.org.uk/webw/HPAweb&Page&HPAwebAutoListName/Page/1240732817665?p=1240732817665>
3. D OH Swine flu <http://www.dh.gov.uk/en/Home>

Mr Jim Cole

Assistant Director, Health

Occupational, Safety, Health and Environment Unit (OSHEU)