

STOP INFLUENZA

If you're ill, stay at home

- ✓ drink plenty of fluids
- ✓ you can relieve symptoms with over-the-counter medicines
- ✓ flu usually clears up after a week's convalescing at home
- ✓ stay away from work, school or day care until the fever has gone and other symptoms are improving

If you become ill, contact your local health centre if

- ✓ flu-like symptoms go away but then come back even worse
- ✓ you're pregnant
- ✓ you have a chronic disease making you eligible for an annual influenza vaccine
- ✓ you have a BMI of 40 or more (classed as morbidly obese)

Seek immediate medical attention if you experience severe symptoms.

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