



## Flu advice

Flu can make you feel

- hot
- tired
- aching body
- headaches
- not hungry
- coughing and sore throat
- upset tummy



## If you feel unwell, tell someone



If you think you have flu

- get lots of rest
- have lots of drinks (but **not** alcohol)
- take **Paracetamol**  
(only if your GP or pharmacy says this is ok)
- stay at home
- do **not** go into your GP surgery or to a hospital



It is ok to **phone** your GP

## Stop germs spreading

- wash your hands often with soap and hot water





- use tissues to cover your mouth and nose when coughing or sneezing



- put the tissue in a bin and wash your hands

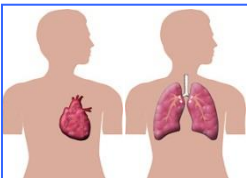


**If you think you might have flu, stay at home**

Most flu is not serious but if you have another health condition like



- **diabetes**



- **problems with your heart or breathing**



it is **important** that you **contact your GP**



You can phone the NHS helpline for advice

**111**

