

**NATIONAL  
PANDEMIC FLU  
SERVICE**

[www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu)  
INFORMATION 0800 1 513 513  
TREATMENT 0800 1 513 100

# IMPORTANT INFORMATION

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## ABOUT TREATMENT

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## FOR SWINE FLU

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The National Pandemic Flu Service is a new self-care service with online and phone access which allows you to check your symptoms and access antivirals if required, or receive advice on symptom-relief. **This service is only intended for people who are ill with swine flu.**

### What are the symptoms of swine flu?

If you have a fever or a high temperature (over 38°C/100.4°F) and any two of the following symptoms you may have swine flu: tiredness, headache, runny nose, sore throat, shortness of breath or cough, loss of appetite, aching muscles, diarrhoea or vomiting.

**You should contact your doctor direct rather than using the National Pandemic Flu Service if:**

- you have a serious underlying illness
- you are pregnant
- you have a sick child under one year old
- you or your child's condition suddenly gets much worse
- your condition is getting worse after 7 days (5 for a child)



To use the National Pandemic Flu Service go online at [www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu) or call 0800 1 513 100. Textphone is available on 0800 1 513 200.

For more information on swine flu call the information line on 0800 1 513 513 or go to [www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu)