

Swine flu information For private landlords and those living in private rented accommodation

**** Pass on this important information to your tenants ****

Information in other languages and formats
0800 1 513 513 or www.nhs.uk

The best way to stop swine flu is to stop germs.
Wash your hands regularly with soap and water, use tissues and put them in a bin as soon as possible and keep surfaces clean.

If you think you have swine flu

- **Stay at home (don't go to the doctor or hospital)** and contact the National Pandemic Flu Service:
 - **Telephone** 0800 1 513 100
 - **Website** www.pandemicflu.direct.gov.uk
 - **Minicom** 0800 1 513 200

They will check your condition and, if necessary, give you a number to get antiviral medicine (which a friend or family member - known as a '**flu friend**' - can pick up from a local collection point).

In the meantime, take **cold remedies** available from your local pharmacist to reduce fever and other symptoms, **drink** plenty of fluids and get lots of **rest**.

- You should **call your GP directly** if:
You are pregnant, you have a sick child under one year old, your condition suddenly gets much worse, or your condition is still getting worse after seven days (or five days for a child).

The National Vaccination Programme

The NHS is giving the swine flu vaccine to priority patients and healthcare staff dealing with the public.

Patients **will be contacted by their GP** if they fall into one of the priority groups:

- People aged from six months to 65 years in current seasonal flu risk groups
- All pregnant women
- Those living with people whose immune system is not working properly e.g. in regular contact with someone receiving cancer treatment
- People aged over 65 in the current seasonal flu risk groups.

Once these priority groups have been vaccinated, parents will be contacted to offer the vaccine to children over six months and under five years.

If you are worried about swine flu or think you should be getting the vaccine, talk to a doctor, Health Visitor or other public sector staff. If you do not have a GP you can visit the new Broadmead Medical Centre situated in the Boots store, The Mall, Bristol.