

## MEDIA INFORMATION

7 July, 2009

### Swine flu advice

Nonnie Crawford Director of Public Health for Sunderland Teaching Primary Care Trust said: “We do not know how swine flu will develop in the UK over the coming months but, at this stage, we do not want people to worry.

“However, they should be thinking about their arrangements if they, or a member of their family, become ill as there are some simple measures they can take now to ensure that any disruption to their lives is minimal.”

The advice is:

- begin establishing a network of flu friends. These are people who can help if you fall ill. They could, for example, collect medicines and other supplies for you, so you don't have to go out. As we anticipate that people will not become ill all at once, identifying a flu friend should, hopefully, be beneficial to both of you: you can be on hand to help them when they need you and vice versa;
- ensure that you have cold and flu remedies in your medicine cupboard. This should include medicines such as aspirin, ibuprofen or paracetamol - or Calpol for children - which can be used to relieve flu symptoms;

- to reduce the spread of all viruses, good basic hygiene is very important. Cover your nose and mouth when coughing or sneezing. Use a tissue when possible. Dispose of dirty tissues promptly and carefully, washing your hands frequently with soap and water to reduce the spread of the virus from your hands to your face or to other people and cleaning hard surfaces frequently. It is important to make sure that children also follow this advice;
- do not visit your local Accident and Emergency department if you think you may have swine flu. If you, or a member of your family, develop symptoms of flu-like illness, stay at home and rest and contact NHS Direct on 0845 4647 or, if you are still concerned, your GP. It is important that anyone with swine flu should stay at home whilst they are infectious to reduce the risk of spreading the disease to others.

Further information is also available on the swine flu information line on 0800 1513 513

**ends**

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For further information please contact Sharon Emms, Rachel Lumsdon or Kay Jordan on

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