

# SWINE FLU INFORMATION

CUT OUT AND KEEP



## What you should do about **Swine flu**

### Being prepared

- Stock up on household medicines
- Choose a flu friend

### If you have symptoms

- Ring your medical centre for advice
- Stay at home
- Phone work to let them know

### Getting better

- Ask your flu friend to collect your treatment
- Follow the treatment in full, as directed

### Your local medical centre numbers

*By day and night, access your Health Service by a single local call...*



Sennelager 05254 9822414

Paderborn 05251 101256

Detmold 05231 20324

Hamel 05151 917428

For more information on Swine flu, we recommend you visit [www.nhs.uk](http://www.nhs.uk)

For updates about what we are doing in BFG, visit [www.bfgnet.de](http://www.bfgnet.de)