






Everybody Excelling, Every Day, No Excuses!

## Protect yourself against flu.

Be prepared by following the guidance below.

Is it flu? Flu symptoms come on very quickly and include:	
<ul style="list-style-type: none"> <li>▪ fever (temperature above 38C)</li> <li>▪ aches</li> <li>▪ tiredness or exhaustion</li> <li>▪ dry, chesty cough</li> <li>▪ sore throat</li> <li>▪ headache</li> <li>▪ loss of appetite</li> <li>▪ tummy pain or diarrhoea</li> <li>▪ nausea and being sick</li> </ul>	
Should I go to hospital?	
<p>If you develop sudden chest pain, have difficulty breathing or start coughing up blood, call 999 or go to A&amp;E.</p>	
Go to your GP if:	
<ul style="list-style-type: none"> <li>▪ your symptoms don't improve after seven days</li> <li>▪ you're worried about your child's symptoms</li> <li>▪ you're 65 or over</li> <li>▪ you're pregnant</li> <li>▪ you have a long-term medical condition such as diabetes, or heart or lung disease</li> <li>▪ you have a weakened immune system (for example, you take HIV therapy or are on chemotherapy)</li> </ul>	
Help stop the Spread:	
<p>Flu is very infectious and easily spread to other people. You're more likely to give it to others in the first five days. Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.</p> <p>To reduce the risk of spreading flu:</p> <ul style="list-style-type: none"> <li>▪ wash your hands often with warm water and soap</li> <li>▪ use tissues to trap germs when you cough or sneeze</li> <li>▪ bin used tissues as quickly as possible</li> </ul>	