

## Do you think you have swine flu?

Do you have a **high temperature** (38°C or above) and **two or more** of the following symptoms:

- Cough or shortness of breath
- Runny nose/sneezing
- Headache
- Sore throat
- Aching muscles
- Tiredness
- Limb or joint pain
- Diarrhoea/vomiting
- Chills
- Loss of appetite



**If so, don't go to your class!  
Instead, let a reception staff**



**member know  
immediately**

**upon entering the building**

Swine flu is generally mild and most people recover at home. However, other potentially serious illnesses can cause the above/similar symptoms. Always seek medical advice or help if you are concerned about your or your child's illness.