

THURSO & HALKIRK MEDICAL PRACTICE

SWINE FLU

Like other GP surgeries in the area we are currently seeing a surge in cases of flu like illness and would be grateful if patients could bear in mind the following.

What should I do if I think I'm infected?

If you have flu-like symptoms and are concerned that you may have swine flu, stay at home, read about [swine flu symptoms](#) and check for further information on the NHS24 website (www.nhs24.com).

Phone your GP if:

- you have a serious existing illness,
- you are pregnant,
- you have a sick child under one,
- your condition suddenly gets much worse, or
- your condition is still getting worse after seven days (five for a child).

In the meantime, take paracetamol-based cold remedies to reduce fever and other symptoms, drink plenty of fluids and get lots of rest.

DON'T GO INTO YOUR GP SURGERY OR TO A HOSPITAL, as you may spread the disease to others. Instead, please telephone reception and explain your symptoms to the receptionist. She will arrange for a GP to call you and explain what you should do.

Swine Flu Vaccination Programme

Dedicated swine flu vaccination clinics will be taking place over the course of the next few weeks. If you are eligible, ie you are pregnant or you are aged over 6 months and have a chronic illness (see below) then please make an appointment at reception, or by telephoning your usual surgery number. If you are in regular contact with a patient who is immunosuppressed then you should also be immunised. Please note that appointments will not be available in ordinary nurse clinics. If you require any further information on the subject please speak to the GP or Practice Nurse.

- Heart Disease
- Diabetes
- Respiratory Disease
- Liver Disease
- Renal (Kidney) Disease
- Neurological Disorders such as Stroke, Multiple Sclerosis, Parkinson's Disease
- Immunosuppression, ie your immune system is compromised due to disease or treatment (eg patients undergoing chemotherapy, patients with splenic dysfunction, HIV infection, etc)