



The UK has currently moved from "containment" to "treatment" of Swine Flu. The Health Protection Agency's latest advice is that there is no need to avoid mass gatherings and social events like concerts & festivals, and no restrictions are in place.

However, we want to make sure that your festival is a happy and healthy one.

If you develop flu-like symptoms, then please

## Stay at home!

Not only is there nothing worse than feeling under the weather when you can't be in your own bed, but also you could risk spreading your germs to others.



You can also help to prevent the spread of infection by practicing good hygiene, including washing your hands frequently, covering your mouth and nose when coughing or sneezing, and disposing of used tissues promptly.

If you feel unwell during an event you should seek advice from event medical centre or one of the medical staff (identifiable by their navy blue shirts with "MEDIC" written on the back).



If you develop flu-like symptoms before or after the event, stay at home and call your GP or NHS Direct on 0845 4647. Do not go into your GP surgery or local hospital, as you may spread the infection to others.

Flu like symptoms include:

- Sudden cough
- Sudden high temperature
- Headache,
- Tiredness,
- Chills,
- Aching muscles,
- Limb or joint pain,
- Diarrhoea or stomach upset,
- Sore throat,
- Runny nose,
- Sneezing,
- Loss of appetite.



For further information, please visit

**NHS** CALL 24 HOURS ON  
**Direct** 0845 4647

[www.nhs.uk](http://www.nhs.uk) (NHS Choices website)

[www.e-bug.eu](http://www.e-bug.eu)

(Website for children and teachers regarding swine flu)



Access to free health information over the internet

Or call NHS Direct on 0845 48 49 50.