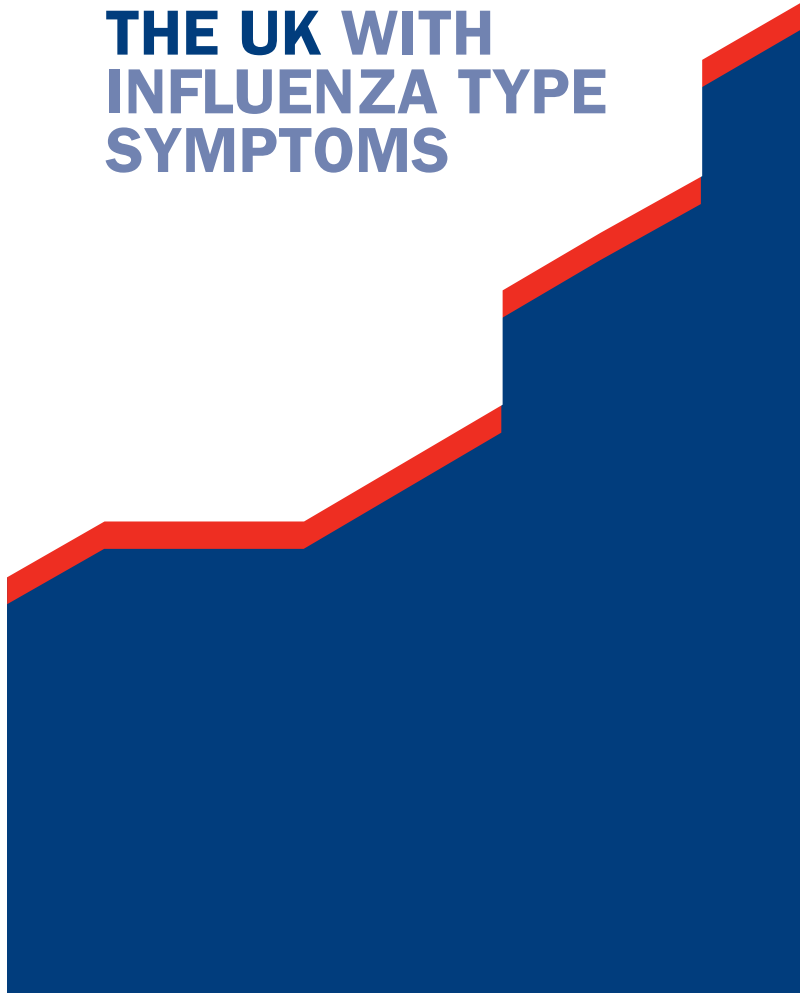




ADVICE FOR PEOPLE ENTERING THE UK WITH INFLUENZA TYPE SYMPTOMS



SWINE INFLUENZA – ADVICE TO TRAVELLERS TO THE UK

Human cases of swine influenza have been reported worldwide. This is an evolving situation and it is likely that more countries will be affected.

What is swine influenza?

Swine influenza is a respiratory disease normally found in pigs but human cases can and do happen. Symptoms of swine influenza are similar to those of seasonal flu, usually a **feverish illness accompanied by cough, sore throat, headache or muscle aches**. For most people, this illness appears to be mild. Infection with this flu is treatable with the antiviral drugs oseltamivir (Tamiflu[®]) and zanamivir (Relenza[®]).

What should I do if I have returned from a country affected by swine influenza?

If you have visited an area where human cases of swine influenza have been identified, it is important that you are vigilant for any signs of illness in the seven days after you travel. There is no need for you to isolate yourself from other people as long as you remain well.

If you are returning from one of the areas that have been affected and you start to develop flu-like symptoms, you should stay at home to limit contact with others and should seek medical advice from a GP or contact the Northern Ireland swine flu helpline on 0800 0514 142.

What happens if it is thought I might have swine influenza?

All suspected cases will be investigated and offered antiviral treatment. For most cases, you will be well enough to remain at home but some people may need to be admitted to hospital. It will be important for you to avoid contact with other people as much as possible until the results of your tests are back. The people you live with should also monitor their health and follow the same advice if they get symptoms.

The most important thing you can do to avoid spreading the illness to other people is to follow basic hygiene advice.

You should:

- avoid contact with other people as much as possible;
- cover your nose and mouth when coughing or sneezing, using a tissue when possible and disposing of dirty tissues promptly and carefully;
- maintain good hygiene by washing hands frequently with soap and water to reduce the spread of the virus from your hands to other people;
- clean hard surfaces (e.g. door handles) frequently with a normal cleaning product; and
- make sure that your children follow this advice.

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