



**SWINE FLU  
INFORMATION**

**0800 1 513 513**

[eastbourne.gov.uk/swineflu](http://eastbourne.gov.uk/swineflu)

**Please do not  
come to work or  
enter this building  
if you have flu  
symptoms**

- sudden onset of  
fever, cough or  
shortness of breath.

Other symptoms can  
include headache,  
sore throat, tiredness,  
aching muscles, chills,  
sneezing, runny nose  
or loss of appetite.

**Germs. Out in a second, around for hours.**

When you cough or sneeze, your germs go everywhere. Fast. And once they've hit a surface, they can survive for hours. Covering your mouth and nose with your hand won't stop them. But a tissue will. Catch the sneeze, then bin the tissue and wash your hands with soap and water as soon as possible to kill the germs. The current swine flu alert increases the importance of this.

**Catch it. Bin it. Kill it. 0800 1 513 513**

Calls to this number are free from UK landlines and most mobiles.

