

Safety precautions against Influenza A (H1N1) - Swine Flu.

The World Health Organization has raised the alert over Influenza A (H1N1) – swine flu to level 5. Please adhere to the advice below, and based on accurate information behave in an orderly manner.

Please be aware of the following:

- Upon returning home after being out, please remember to wash your hands and gargle.
- Ensure that indoor spaces don't become too dry.
- When out of the house, a mask is an effective form of protection.
- During an epidemic, please avoid large crowds.
- Ensure that you get adequate sleep and rest.
- Avoid eating and drinking to excess, and try to maintain a nutritionally balanced diet.
- To those who have been to one of the affected countries, and are experiencing fever-like symptoms **please call our telephone consultation service first before seeking medical attention.**

If you have any concerns, please call our consultation service on 0120-120-115.