



Universitetet
i Stavanger



What do you do if you catch **swine flu?**

Go home immediately if you get any symptoms of swine flu such as temperature of more than 38 degrees, muscle and joint pain and headache. Call your list doctor or the Stavanger Influenza Phone (800 87 150).

- Stay at home for seven days after the symptoms appear. This will help to avoid spreading the disease.
- If you are in the risk group, ring your list doctor or the Influenza Phone (800 87 150) to find out whether you need medication. Risk groups include pregnant women and people who suffer from:
 - severe lung diseases, particularly those with reduced lung capacity
 - chronic cardiovascular diseases
 - low immunity
 - diabetes mellitus (both type 1 and type 2)
 - chronic kidney failure
 - serious neurological illnesses
- Contact your doctor if you have severe symptoms such as difficulty in breathing or problems with eating and with drinking fluids.
- Make arrangements with your family, friends or others you know so you will get the help you need if your condition gets worse.

Visit www.uis.no/pandemi, www.stavanger.kommune.no and www.pandemi.no regularly for updated information.