

Swine Flu?

"I had it like ordinary flu"



Like Manuel, lots of people have already had Swine flu without any problem.

*Get vaccinated
if you are in one of the at-risk groups*

If you have flu, take care of yourself at home

- Stay resting
- Drink lots of liquids (water, fruit juices...)
- Keep your temperature down with anti-pyretics



Further information on www.informaciongripea.es



Consejo Interterritorial
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