

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

