



Crown Heights Medical Centre

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Swine Flu—Update and advice

If you have flu-like symptoms and have recently travelled to Mexico or another affected country, or if you are concerned because you think you have been in contact with someone who may have swine flu:

- Stay at home
- Check your symptoms, using this special flu symptom checker below

If you are still concerned, call the practice

Key reading

- For an explanation of swine flu, its symptoms and treatment,
- OR
- For the lat-

est updates on the swine flu outbreak go to www.NHS.uk

Key actions

Remember, preventing the spread of germs is the single most effective way to slow the spread of diseases such as swine flu.



your mouth and nose when you cough or sneeze

Place used tissues in a bin as soon as possible.

You should always:

- Ensure everyone washes their hands regularly with soap and water
- Clean surfaces regularly to get rid of germs
- Use tissues to cover

Please do not hesitate to contact the surgery for further information, or in the event of the surgery being closed, contact NHS Direct. **0845 4647**

Flu Symptom Checker

The symptoms of swine flu are broadly the same as those of ordinary flu, but may be more severe and cause more serious complications.

The typical symptoms are:

- sudden fever, and

- sudden cough.

Other symptoms may include:

- headache,
- tiredness,
- chills,
- aching muscles,

- limb or joint pain,
- diarrhoea or stomach upset,
- sore throat,
- runny nose,
- sneezing, and loss of appetite.



Practice Opening Hours

Monday to Friday
08:00 to 18:30

Extended opening (by appointment only)

Monday to Thursday
18:30 to 19:30

Friday
07:30 to 08:00

Are you suffering from Hayfever?



Hayfever, also known as seasonal allergic rhinitis, is a very common condition that affects two in every 10 people in the UK. It is caused by an allergy to airborne substances such as grass or hay pollen, which affects the upper respiratory passages (nose, sinus, throat and eyes).

Hayfever usually occurs during the spring and summer months. Exactly when you get it depends on which pollens you are allergic to. From May to July, grass and flowers are in pollen, making these the most common cause of hayfever at this time. During spring, from March to May, pollens from trees

are the most common cause of hayfever. Some people do get hayfever into the autumn months. However, this is rare and is usually caused by weeds such as nettles and docks, late flowering plants and mould spores.

Hayfever symptoms can be similar to a cold, and include a runny nose, watery eyes and repeated sneezing attacks. As with all allergies, the symptoms happen as a result of your immune system (the body's defence system) overreacting to a normally harmless substance. In this case the substance is pollen. When the body comes into contact with pollen, cells in

the lining of your nose, mouth and eyes release a chemical called histamine that triggers the symptoms of an allergic reaction.

You are more likely to get hayfever if there is a history of allergies in your family, particularly asthma or eczema. Hayfever usually begins in the early teens and peaks when you're in your twenties. Research shows that many people become less sensitive to pollen as they get older and by the time they reach their mid-40s, hayfever may no longer be a problem.

Achoo—I hate summer

What can be done to help me



The best way to control an allergy is to avoid the trigger. However, it is very difficult to avoid pollen, particularly during the summer months when you want to spend time outdoors.

There is a range of products available to treat the symptoms of hayfever. For them to be most effective, you should try to minimise your exposure to pollen by avoiding tasks such as mowing the lawn, and by staying indoors when the pollen count is high.

The types of hayfever treatment available include tablets, nasal sprays, eye drops and creams.

Antihistamine tablets or nasal sprays - these stop histamine, the chemical released by your body, from causing the symptoms of an allergic reaction.

Steroid nasal sprays and drops - these are more effective than antihistamine tablets in preventing and relieving nasal (nose) symptoms, including sneezing and congestion. They can also relieve itchy, watery eyes.

Eye drops - these work by reducing the release of histamine from your eyes, which eases itching and swelling.

Contact your local pharmacist for advice.

