



Bwrdd Iechyd Lleol
Local Health Board
Sir Gaerfyrddin
Carmarthenshire



Bwrdd Iechyd Lleol
Local Health Board
Ceredigion



Bwrdd Iechyd Lleol
Local Health Board
Sir Benfro
Pembrokeshire



Canolfarth a De Orllewin Cymru
YMDDIRIEDOLAETH GIG
Hywel Dda
NHS TRUST
Mid and South West Wales

Swine Flu Information for Visitors

If you develop flu-like symptoms during your stay:

1. Self isolate yourself to prevent spreading the disease to others.
2. If you are concerned, please TELEPHONE either NHS Direct Wales on 0845 46 47 or the local GP Practice, who can assist you as a temporary resident.
3. Your nearest GP Practice is:

Tel: _____

Please **do not** attend the local A&E Department or GP Practice unless you are requested to do so.