

# Be prepared for swine flu

Please complete this form and **keep it safe**

## What to do if you have flu symptoms

Symptoms include: high fever, cough and aching body

- ✓ Stay at home
- ✓ Check your symptoms online at: [www.nhs.uk](http://www.nhs.uk) or call the swine flu information line on: 0800 1 513 513
- ✓ Still concerned? Call your GP or NHS Direct on: 0845 46 47
- ✗ Please do **not** go to your GP practice or hospital A & E department

## Keep up-to-date!

For information about swine flu call: 0800 1 513 513

For medical advice about swine flu call: 0845 46 47

Visit: [www.nhs.uk](http://www.nhs.uk) or [www.direct.gov.uk/swineflu](http://www.direct.gov.uk/swineflu)

## Make sure you have:

**Normal flu remedies** e.g. the correct dose of paracetamol for adults and children – ask your pharmacist for advice.

### Food and fluids

### Extra supplies of tissues and toilet paper

**Supplies of any regular medications you take** - make sure you order any repeat prescriptions before they run out.

## Your flu friends

Flu friends are relatives, neighbours and friends willing to collect medicines, food and other supplies for you if you get swine flu, so that you don't have to leave home. List the names and telephone numbers of your flu friends below:

Name:

Number:

Name:

Number:

Name:

Number:

Name:

Number:

Name:

Number:

## I will be a flu friend for

Name:

Number:

Name:

Number:

Name:

Number:

## Useful information

Your GP's phone number:

Your home phone number:

Your mobile number:

Your NHS number:

You will find this on your medical card, if you have one.