



# Be prepared for swine flu

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

## 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
- ✓ **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: \_\_\_\_\_

Your home phone number: \_\_\_\_\_

\_\_\_\_\_

Your mobile number: \_\_\_\_\_

Your NHS Number: \_\_\_\_\_

*You will find this on prescription forms, if you have one.*



## Good Flu Friends

Flu friends collect antiviral medicines and other essential items for you. If you are ill you will be told where your flu friend needs to go to collect it from. They need to bring with them a form of identification both for themselves and the friend they are helping.

### Make sure you and your flu friend both have **one** of the following forms of identification to hand

- ✓ Passport
- ✓ Full driving licence
- ✓ Paid utility bill (not less than 6 months)
- ✓ Building society / national savings book
- ✓ Cheque guarantee / credit card/debit card
- ✓ Cheque book
- ✓ Credit card statement (not older than 6 months)
- ✓ Council tax payment book
- ✓ Birth / marriage certificate
- ✓ Military ID
- ✓ Trade Union card
- ✓ Standard Acknowledgment letter (SLA) issued by Home Office for Asylum seekers
- ✓ Child benefit letter
- ✓ Parent held record (red book)
- ✓ NHS card
- ✓ Healthcare professional registration number and ID
- ✓ Pension/benefit book

### What to do if you have flu symptoms

Symptoms include: high fever, cough and aching body

✓ **Stay at home**

✓ **Call your GP or NHS Direct on:  
0845 46 47**

✗ **Please do not go to your GP practice  
or hospital A & E department**