

'BE PREPARED FOR SWINE FLU'

Advice from NHS Warwickshire.

Suggested form for completion and keeping in a safe place

WHAT TO DO IF YOU HAVE FLU SYMPTOMS

(symptoms include high fever, cough and aching body)

- Stay at home
- Check your symptoms on line at www.nhs.uk or call the swine flu information line 0800 1 513 513
- If still concerned, call your GP or NHS Direct on 0845 46 47
- **Do not** go to your GP Practice or Hospital A & E dept.
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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 or www.direct.gov.uk/swineflu

MAKE SURE YOU HAVE

- Normal flu remedies – e.g. the correct doses 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 their names and telephone numbers:

Name: Tel. no.

Name: Tel. no.

Name: Tel. no.

Name: Tel. no.

USEFUL INFORMATION

Your GP's telephone number:

Your NHS number

(You will find this on your medical card if you have one)