

## SWINE FLU INFORMATION

0800 1 513 513

www.nhs.uk

www.direct.gov.uk/swineflu

# Flu Friends

Devon **NHS**  
Primary Care Trust

## Be prepared for swine flu

### Your flu friends

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

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

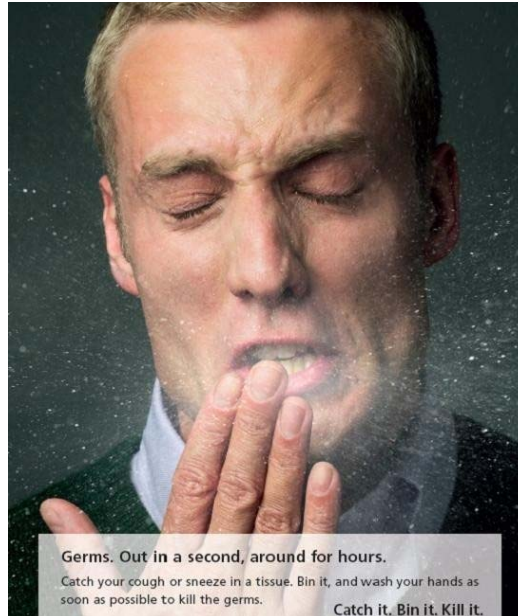
Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_



### Useful information

Your GP name: \_\_\_\_\_

Your GP contact details: \_\_\_\_\_

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

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

### I will be a flu friend for

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_

### Make sure you have:

- Normal flu remedies e.g. paracetamol and the correct dosage for adults and children.
- Food and fluids
- Extra supplies of tissues and toilet paper
- Supplies of any of your regular medications. Make sure you order any repeat prescriptions before they run out.