



Prepare your home for a Flu Pandemic
Please complete this form and KEEP IT SAFE
(You may want to put it on your fridge or a noticeboard)

- How to keep up-to-date**
- Call 0800 1 513 513 for the latest information on Swine Flu
 - Websites: www.nhs.uk or www.direct.gov.uk/swineflu
 - NHS Berkshire West website: www.berkshirewest-pct.nhs.uk

Useful numbers/information to have:

Your GP:.....

NHS Number:.....
(If you have a repeat prescription your NHS number is on it)

- Make sure you have the following:**
- Normal cold and cough remedies as appropriate for adults and children
 - Food and fluids
 - Extra supplies of tissues and toilet paper
 - Supply of regular medication if taken (please ensure you get your repeat prescriptions ordered in time)

Your home telephone or mobile number

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Please list the names and telephone numbers of five flu friends (Flu friends are relatives, neighbours and friends who will collect medicines, food and other supplies for you if you get swine flu, so that you don't have to leave home):

1.....
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2.....
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3.....
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4.....
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5.....
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Who will I/we need to help?

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Make sure you have suitable identification to hand - One of these forms of identification will be needed by your flu friend to collect antiviral medication if you need it. Your flu friend will also need identification.

- 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

If you require antiviral medication you will be told where your flu friend needs to go to collect it from.

If you think you may have flu, please stay at home and phone NHS Direct or your GP for advice. Please do not go to your GP practice or hospital A & E department.

NHS Direct: 0845 46 47