

Swine flu

NHS

Tower Hamlets

Want to know more about flu?

For more information on swine flu call 0800 1 513 513 or visit www.towerhamlets.nhs.uk/swineflu

Think you've got flu?

The National Pandemic Flu website has been set up www.direct.gov.uk/pandemicflu and phoneline 0800 1 513 100 or textphone 0800 1 513 200 for people to check their symptoms and get a unique number which will give them access to antivirals if necessary.

You need a Flu Friend



Flu Friends are friends, family or neighbours that can help you if you catch Swine Flu.

A **Flu Friend** should be a friend that is not suffering from flu and able to pick up medication e.g. anti viral drugs from your local antiviral centre

For general health information www.nhs.uk



Use this side to put your useful numbers down

● Flu Friend 1:

● Flu Friend 2:

● Flu Friend 3:

● Your NHS Carer:

● Your full name:

● Address:

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● Date of Birth:

● Next of Kin:

● GP Phone Number:

● Medications that you regularly take:

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● Allergies:

● National Insurance Number:

● Health/Social Care Contact: