



Prepare Your Home for a Flu Pandemic
Please complete this form and KEEP IT SAFE

How to keep up-to-date



- Call 0800 1 513 513 for the latest information on Swine Flu
- Call NHS Direct: 0845 4647
- Website: www.nhs.uk or www.direct.gov.uk/swineflu

Useful numbers/information to have (please complete):

GP:.....

Pharmacy:.....

NHS Number:.....

Make sure you have the following:

- Normal flu remedies ie. paracetamol as appropriate for adults and children
- Food/fluids
- Extra supplies of tissues and toilet paper
- Supply of regular prescription

Please list the names and telephone numbers of five flu friends:

1.....

2.....

3.....

4.....

5.....

Make sure you have suitable 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

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