

Swine flu is a pandemic in the UK, so now is the time to choose your Flu Friend.

The national swine flu information leaflet that was delivered to households across the county in May makes reference to people setting up a network of Flu Friends.

#### Useful sources of information

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. You can find out more at [www.tamesideandglossop.nhs.uk](http://www.tamesideandglossop.nhs.uk)

#### NHS Direct

0845 46 47

#### NHS Choices

[www.nhs.uk/AlertsEmergencies/Pages/Pandemicflualert.aspx](http://www.nhs.uk/AlertsEmergencies/Pages/Pandemicflualert.aspx)

Read the latest official advice and find out about the simple steps you can take to help protect yourself and others.

#### Flu Hotline

This is a pre-recorded information and advice line **0800 151 3513**

If you require this information in an alternative format such as large print, audio tape, Braille, disc or other, please call the Communications Team on **0161 304 5800** or **0161 304 5314**

# My Flu Friends are

Flu Friend 1

Phone number

Flu Friend 2

Phone number

Flu Friend 3

Phone number

Flu Friend 4

Phone number

**Catch it, bin it, kill it  
and always wash your hands.**

[www.tamesideandglossop.nhs.uk](http://www.tamesideandglossop.nhs.uk)

**If you pick up swine flu,  
who'll pick up your essentials?**

**Get a Flu Friend  
before you get flu.**



**NHS**  
**Tameside and Glossop**  
*the local leader of your NHS*

# Flu Friends

## Q1 What is a Flu Friend?

Flu Friends are relatives, neighbours and friends who will collect food and other supplies for you if you become ill with flu. This is so that you don't have to leave home.

## Q2 Why do I need a Flu Friend / what is their role?

It is always sensible to be prepared in case you become ill. Globally we are experiencing a pandemic of swine flu. It is important, should you become poorly, to stay at home and rest. Staying at home will prevent the virus being passed onto other people in the community, some of who may be very vulnerable to flu. Your Flu Friend can collect medicines and shopping so you do not have to go outside when you are poorly.

## Q3 When do I need to get a Flu Friend?

Now is the time to identify your Flu Friends. There is no way of telling who will catch the flu, so it is important to be aware and to plan ahead.

## Q4 How many Flu Friends do I need?

It is a good idea to have more than one Flu Friend just in case. It is recommended that all households have identified three or four people who can act as a Flu Friend.



## Q5 Who could be my Flu Friend?

Neighbours, friends and relatives who live near to you who could easily collect your antiviral medication for you and who you would be happy to share your personal health details with.

In addition, you could consider becoming a Flu Friend to a vulnerable person, such as the elderly or others who may live alone, in your area.

## Q6 What happens if I cannot identify a Flu Friend?

Some local groups are setting up Flu Friend networks. If you do not have a Flu Friend, consider making contact with an organisation in your area:

- Faith groups, local churches and other places of worship
- Local community groups

You can find information on local groups on the web:

For Tameside:

[www.tameside.gov.uk/libraries/index.html](http://www.tameside.gov.uk/libraries/index.html)

For Glossop:

[www.highpeakcvs.org/database/index.asp](http://www.highpeakcvs.org/database/index.asp)

Or call your local council to be put in contact with these groups.

## Q7 What happens if my Flu Friend is ill?

If your Flu Friend is ill then they cannot help you. For this reason, it is important to have more than one Flu Friend.

## Q8 Can my child / children be my Flu Friend?

You need to choose Flu Friends who can collect your medication which may mean a car, bus or other journey, so only children who are able to make such a journey safely can be Flu Friends.

## Q9 Do I need to pass any information to people about my Flu Friend?

Yes – you will need their first and last name in order for them to collect antiviral medication from a collection point. Your GP will advise you on the nearest one.

(If more people need treating with antiviral medication for flu then the PCT will open a number of places around the county which will be known as antiviral collection points – ACP.)

## Q10 If my Flu Friend collects my prescription do they need to pay for it?

No, the antiviral medicine to treat those suffering with swine flu (influenza A H1N1 virus) is free.

## Q11 How will my Flu Friend know where to collect my prescription?

If you are confirmed as suffering from swine flu (influenza A H1N1 virus), you and your Flu Friend will be given the details of the antiviral collection point. This is where the Flu Friend will need to collect the antiviral medication.

## Q12 What should I do now?

1. Identify your Flu Friends and check that they are happy to help you.
2. Complete the Flu Friend form now and keep it in a safe place e.g. on the fridge or by the phone.
3. Think about neighbours who may live alone or family members that might need help and offer to be their Flu Friend.