

# What to do if you get the flu



## 1. Stay at home



## 2. Call NHS Direct 0845 46 47

They will talk to you about how you are feeling and give you advice.



## 3. If you are still worried you should call your doctor.

Do not go to the surgery or hospital unless you are told to.



## 4. Phone a friend

They might be able to pick up food or medicine for you.



## 5. Stop it spreading

Use a tissue, bin it, then wash your hands.