

A close-up photograph of a person's index finger with a white, textured adhesive bandage wrapped around the middle and ring joints. The background is a solid red color.

Be prepared

**You can do a lot to look after yourself
and help your NHS too**

Everyone can:

- Get advice from NHS Direct or a pharmacist
- Maintain a well-stocked medicine cabinet
- Wash your hands regularly
- Keep your vaccinations up to date
- Stay warm and eat well

If you have flu:

- Stay home, take paracetamol to bring down a temperature and drink lots of water
- Speak to your GP if you are pregnant, you have a serious long-term condition, or if your symptoms get worse or persist after a week

www.nhsdirect.nhs.uk

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