

# Your Flu Guide

## Top tips to get you back on your feet!

- Drink plenty of fluids, such as water, vitamin-rich fruit drinks and hot drinks.
- Eat healthy foods including lots of fruit and vegetables.
- Get as much rest as you can.
- Keep the room at a comfortable temperature and open the bedroom window a little to allow fresh air in.
- If you have a cough, place a bowl of water near the radiator. It increases the humidity and helps ease a cough.
- If you are suffering from a blocked nose, prop yourself up in bed with pillows to help ease your breathing at night.
- Take flu remedies such as ibuprofen or paracetamol to reduce your fever.

## Things you might need!

- Thermometer.
- Hot water bottle.
- Good supply of tissues.
- Fruit and vegetables.
- Hydrating hot drinks.
- Flu remedy such as Lemsip Max All In One Lemon OR
- Pain killers to reduce a fever or ease pain (like Nurofen Tablets or Nurofen for Children Singles, which contain ibuprofen
- Magazines.
- Flannels.

## Useful numbers!

**NHS Direct** Tel: 0845 4647

**National Pandemic Flu Service**

Tel: 0800 1 513 100 or

Textphone 0800 1 513 200

**Your GP surgery**

Name:

Telephone:

**Your flu friend**

Name:

Telephone:

Lemsip, Nurofen and Nurofen for Children are medicines. Always read the label.

For more information on flu visit:

[www.FLUandYOU.co.uk](http://www.FLUandYOU.co.uk)

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