

Flu

What You Can Do

My Flu Care Information

Keep important contact information here so it will be easy to access in case you or other family members become sick. Be sure to keep this information up to date. Use more pages if needed.

a. Doctor(s) phone number(s):

b. Pharmacy phone number:

c. Emergency medical phone number:

d. Local health department phone number:

e. Backup caregiver(s) phone number(s):

f. Medicines that you or family members take regularly:

Name	Medicine	Dose

g. Allergies that you or family members have:

Name	Allergies

h. Special diets that you or family members follow:

Name	Special diets