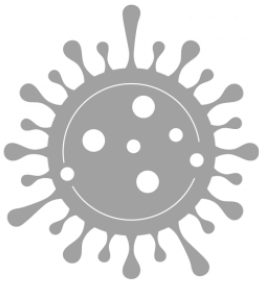


All about flu and how to stop getting it

Easy Read version

Anyone can get Flu.



Flu is caused by a bug called a
Virus.



Flu can make you feel ill.



If you are very ill you might
even need to go to hospital.

Here are the signs of Flu



Difficulty breathing



High temperature



Aches



Sore throat



Dry cough



Painful ear



Tiredness



Blocked up nose

Having a flu jab can help stop you catching flu and passing it on to other people.



The flu jab is an injection in your arm usually given to you by a nurse at your doctors.





The best time to have a jab is in the **autumn**.
You need a jab every year as flu can change each year.

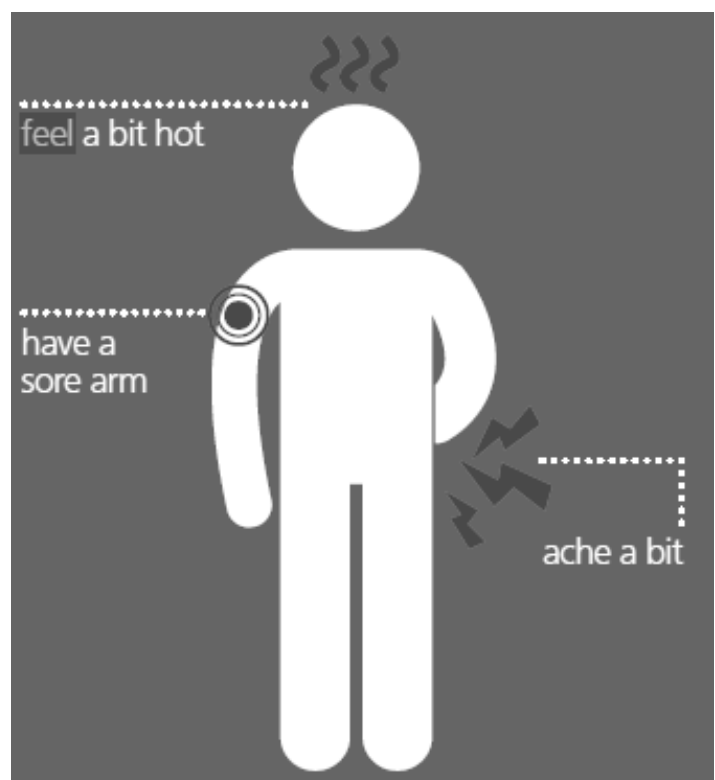
Who else should have a flu jab?

People who care for you should have a flu jab so they don't get ill.



Will the jab make me feel ill?

After a flu jab you may





What do I need to do to get a flu jab?

- Your doctors should get in touch with you to come in for a jab.
- If they don't get in touch, you should contact them to arrange to have one.

“Hello, can I have a flu jab please?”



If you have any questions or want more information, talk to your nurse, doctor or the person in the chemists called the pharmacist.

You can also find information
online at
www.tinyurl.com/NHSfluinfo

