



Public Health
England

NHS

All about flu and how to stop getting it

EasyRead version for children
with learning disabilities



**STAYWELL
THISWINTER**

Flu **i**mmunisation

Helping to protect everyone, every winter

Anyone can catch flu.



Flu is caused by
a bug called a

virus

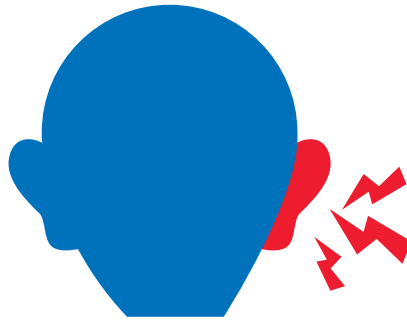


Flu can make
you feel ill.

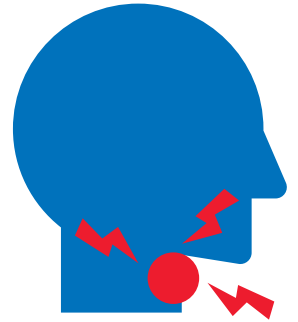
Here are the signs of flu



blocked up nose



painful ear



sore throat



high temperature



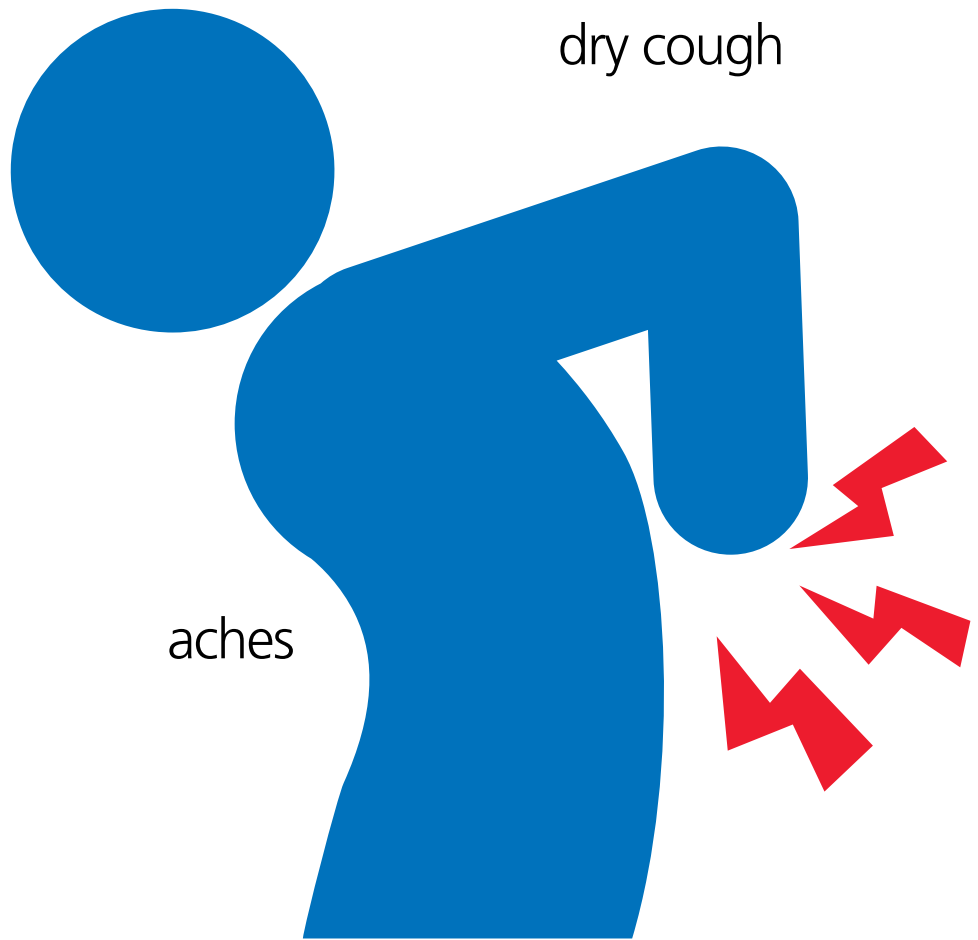
difficulty breathing



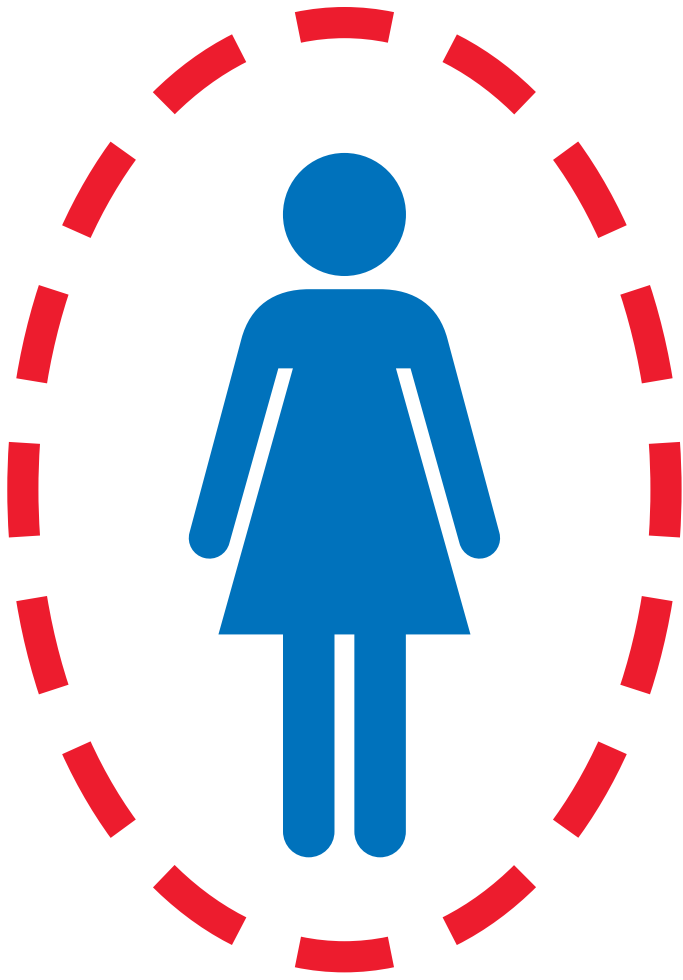
dry cough



tiredness

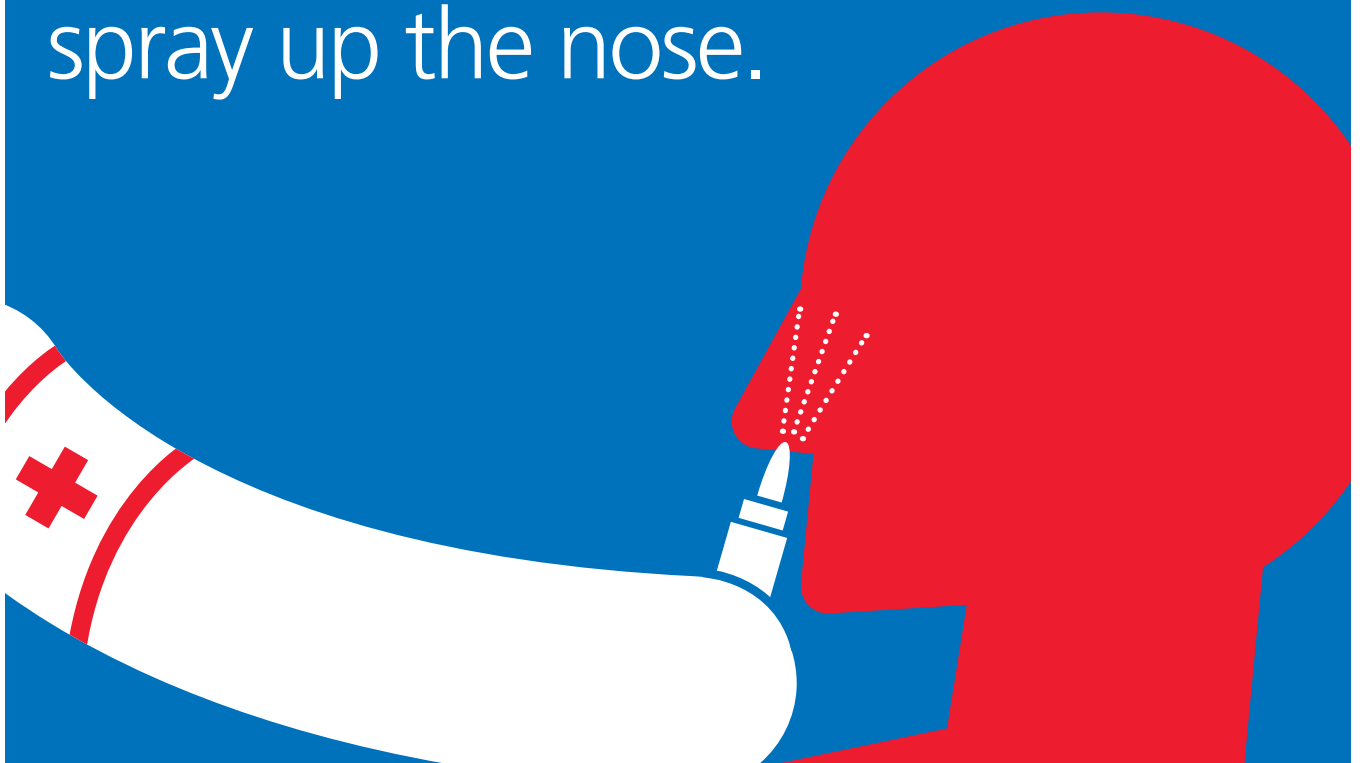


aches



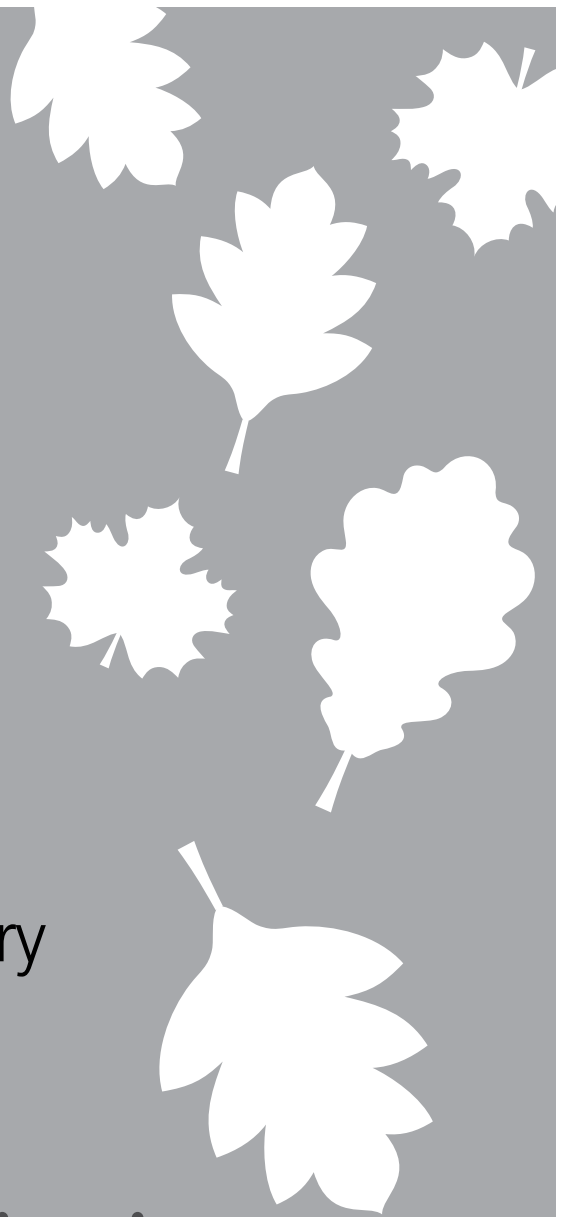
Having a vaccine can help stop you catching flu.

The vaccine is a small spray up the nose.



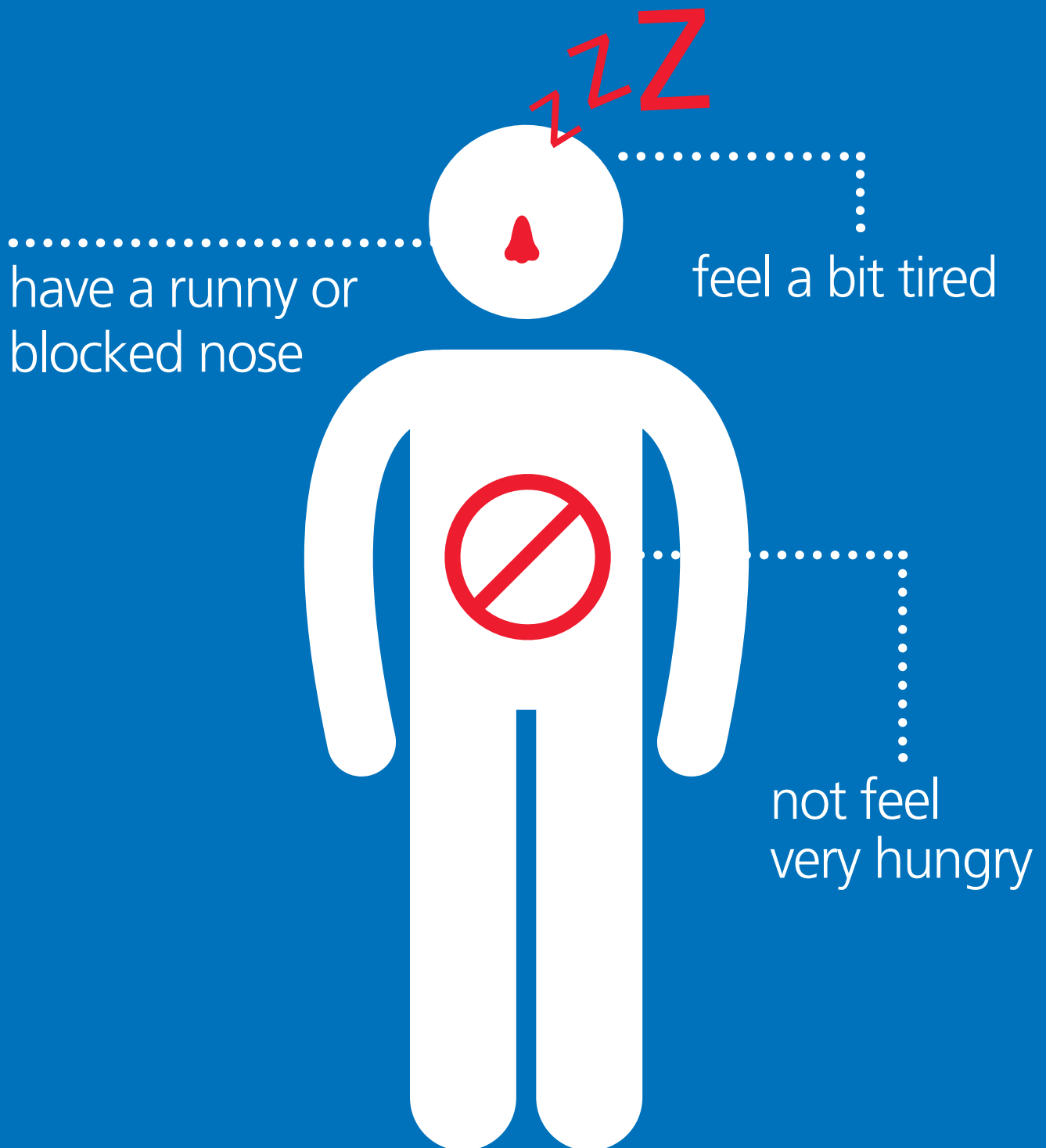
The best time
to have a flu
spray is in the
autumn.

You need a flu spray every
year as flu can change
each year.



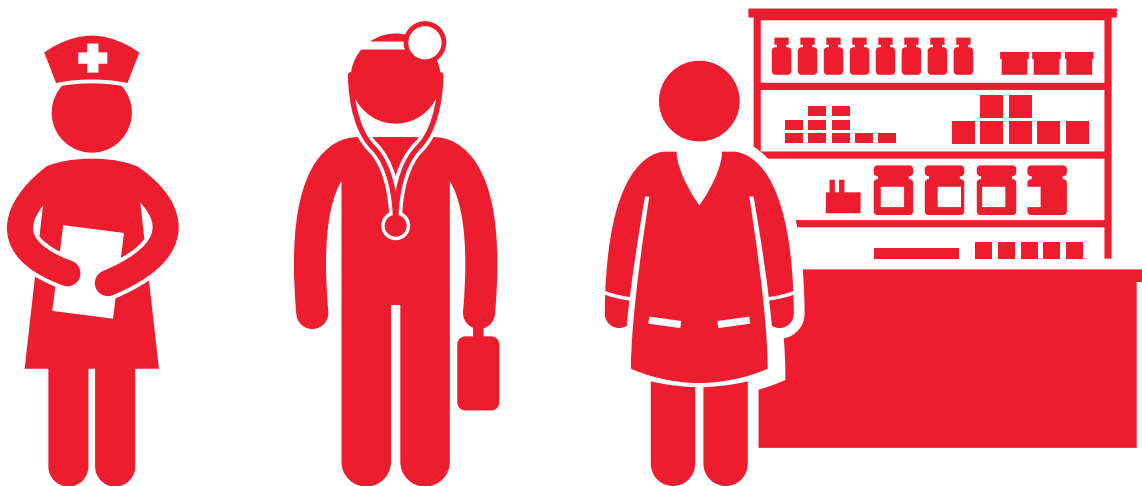
Will the flu spray make me feel ill?

After the flu spray you may:



This will go away in a few days.

If you have any questions or want more information, talk to your school nurse.



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





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