

# All about flu and how to stop getting it

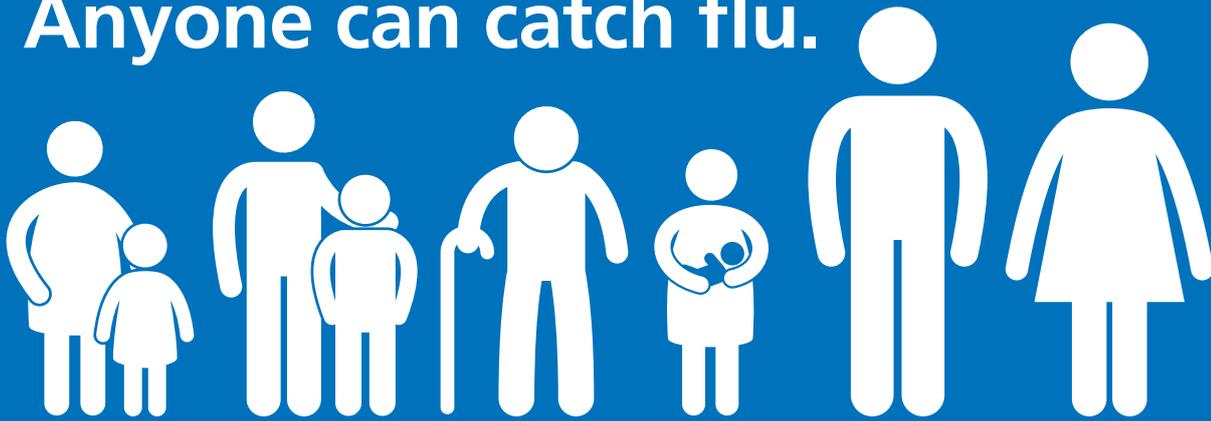
Simple text version for children



Flu mmunisation

Helping to protect everyone,  
at every age

Anyone can catch flu.



Flu is caused by  
a bug called a

**virus**



Flu can make  
you feel ill.

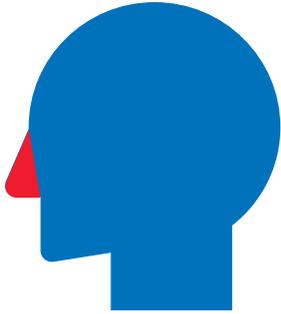


If you are very ill you might  
even need to go to hospital.

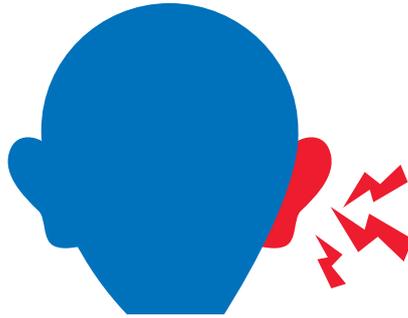


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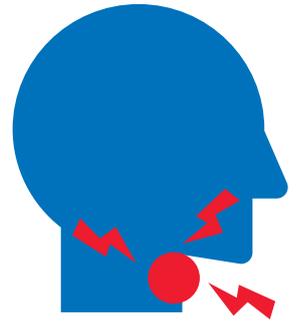
# Here are the signs of flu.



blocked up nose



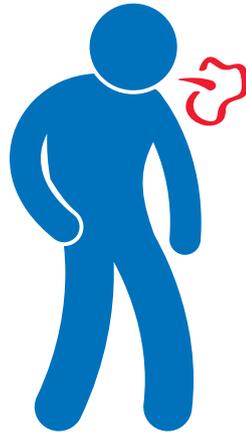
painful ear



sore throat



high temperature



difficulty breathing



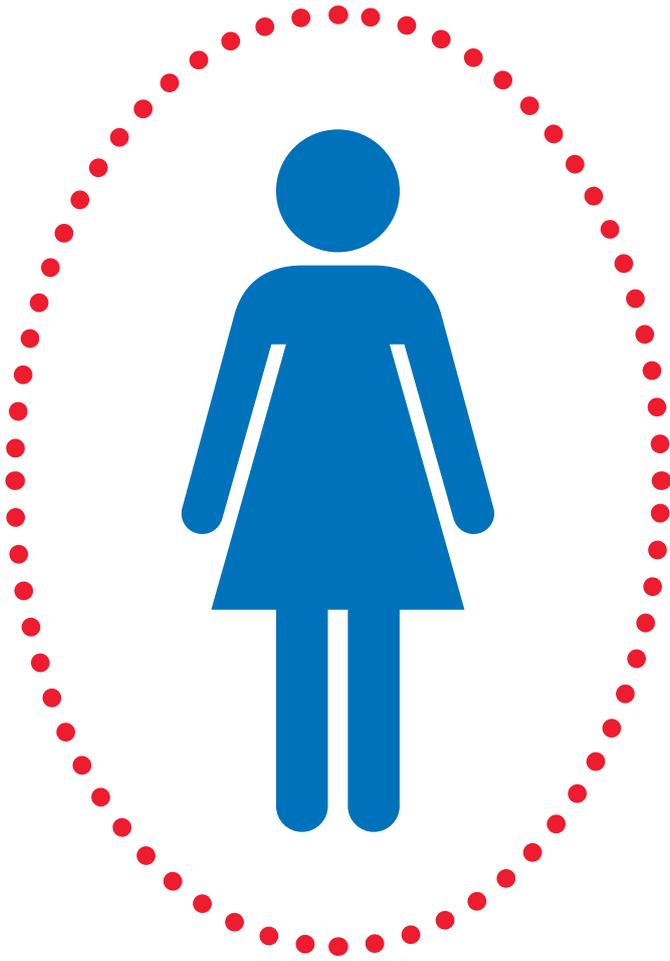
dry cough



tiredness

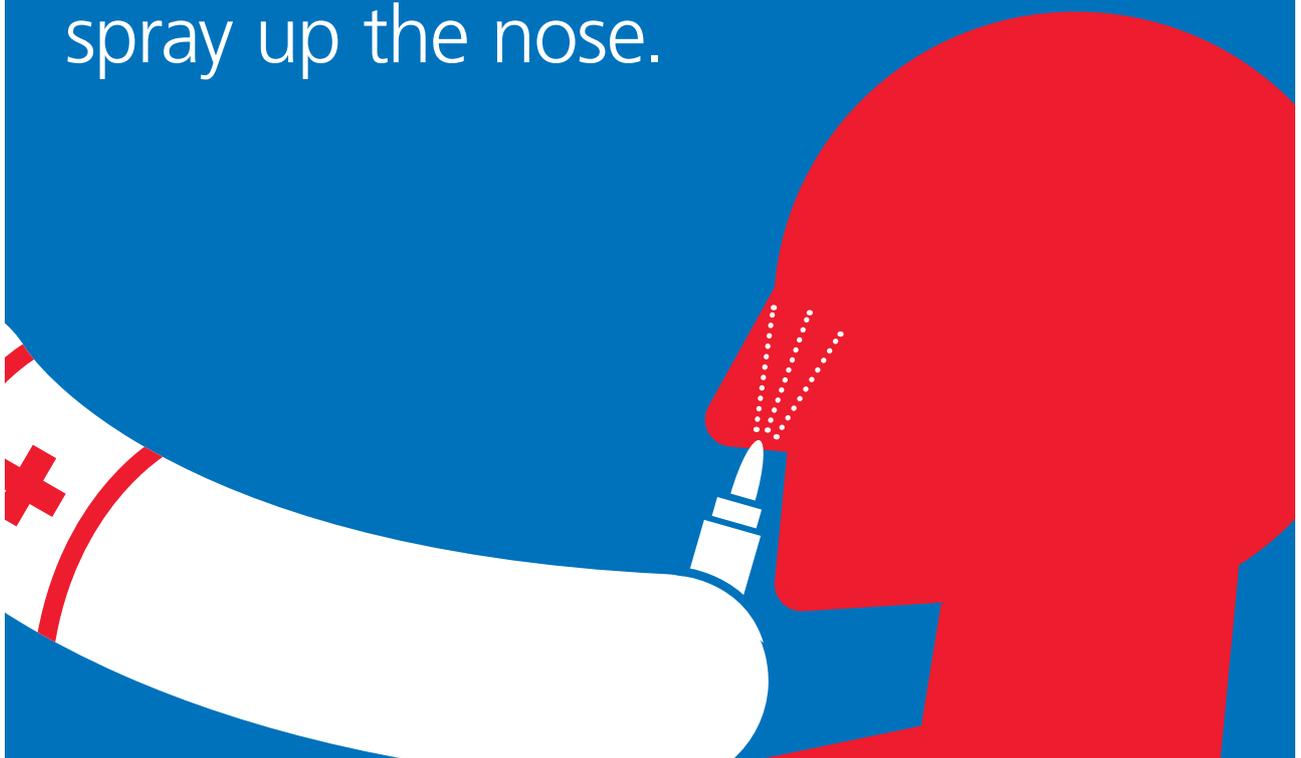


aches



Having a vaccine can help stop you catching flu.

The vaccine is a small spray up the nose.



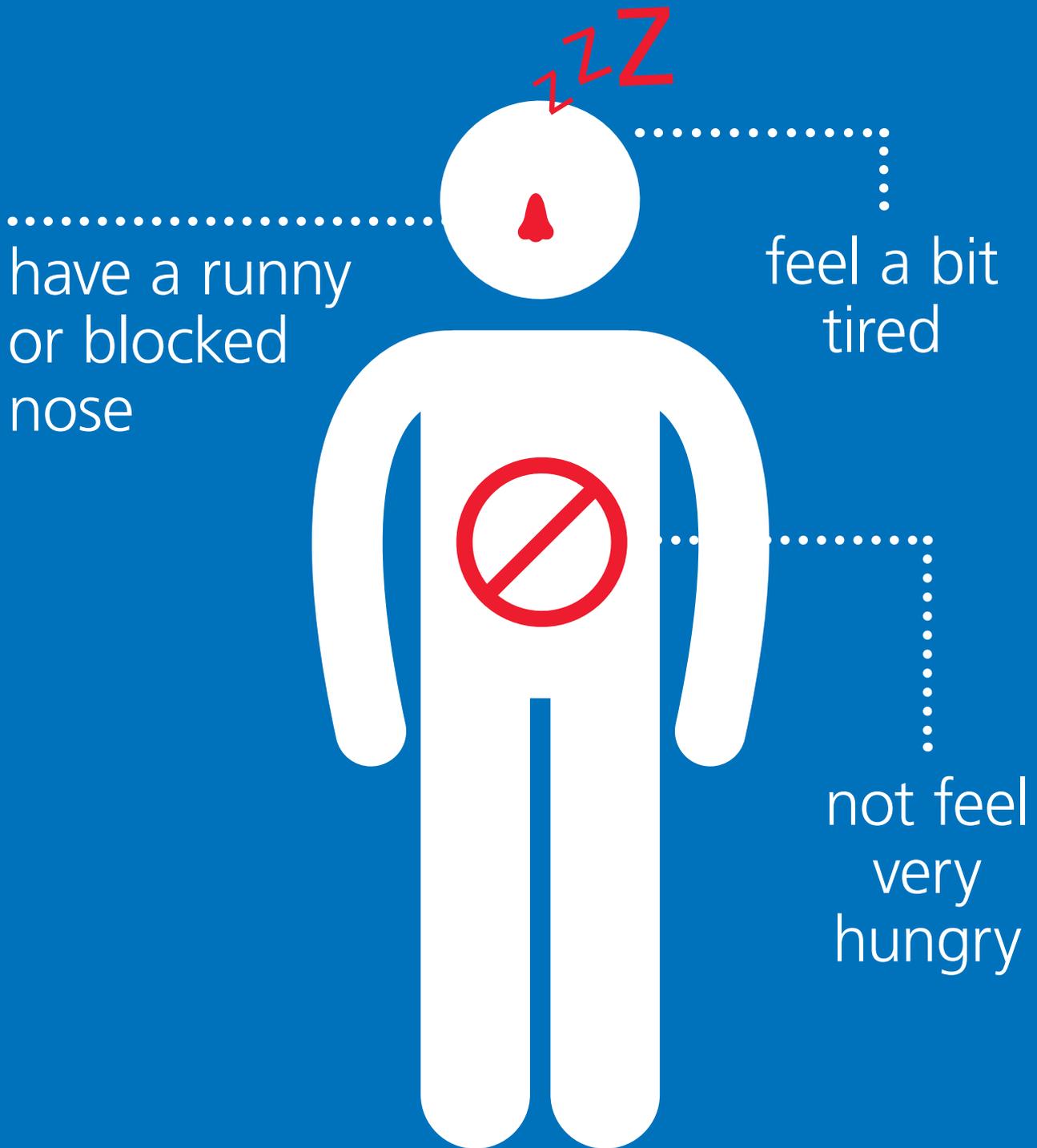
# The best time to have a flu spray is in the autumn.

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



# Will the nasal spray make me feel ill?

After a nasal spray you may:



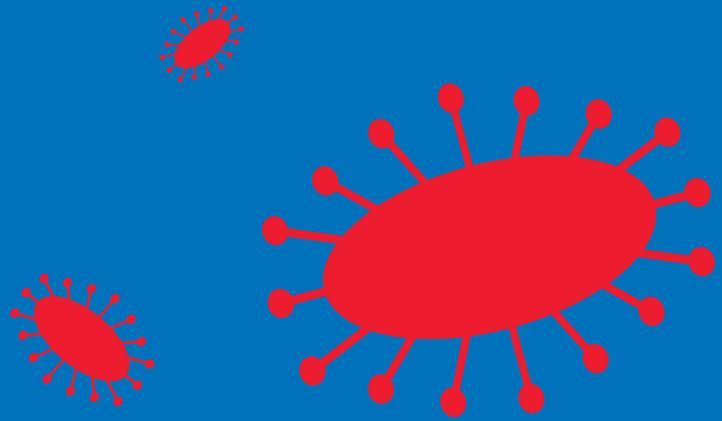
This will go away in a few days.

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](http://www.tinyurl.com/NHSfluinfo)





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