



Public Health  
England

**NHS**

# All about flu and how to stop getting it

EasyRead version for children  
with learning disabilities



**STAYWELL  
THISWINTER**

Flu mmunisation 2016/17

Anyone can catch flu.



Flu is caused by  
a bug called a

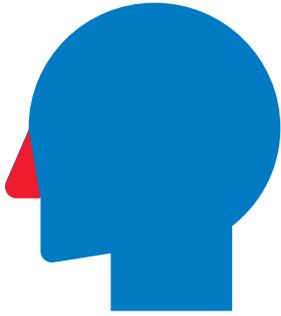
**virus**



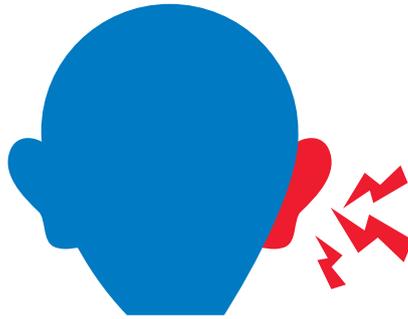
Flu can make  
you feel ill.

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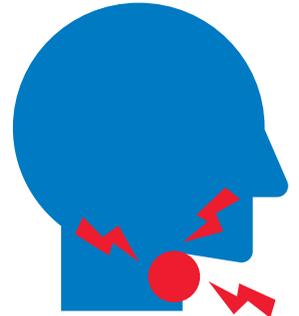
# Here are the signs of flu



blocked up nose



painful ear



sore throat



high temperature



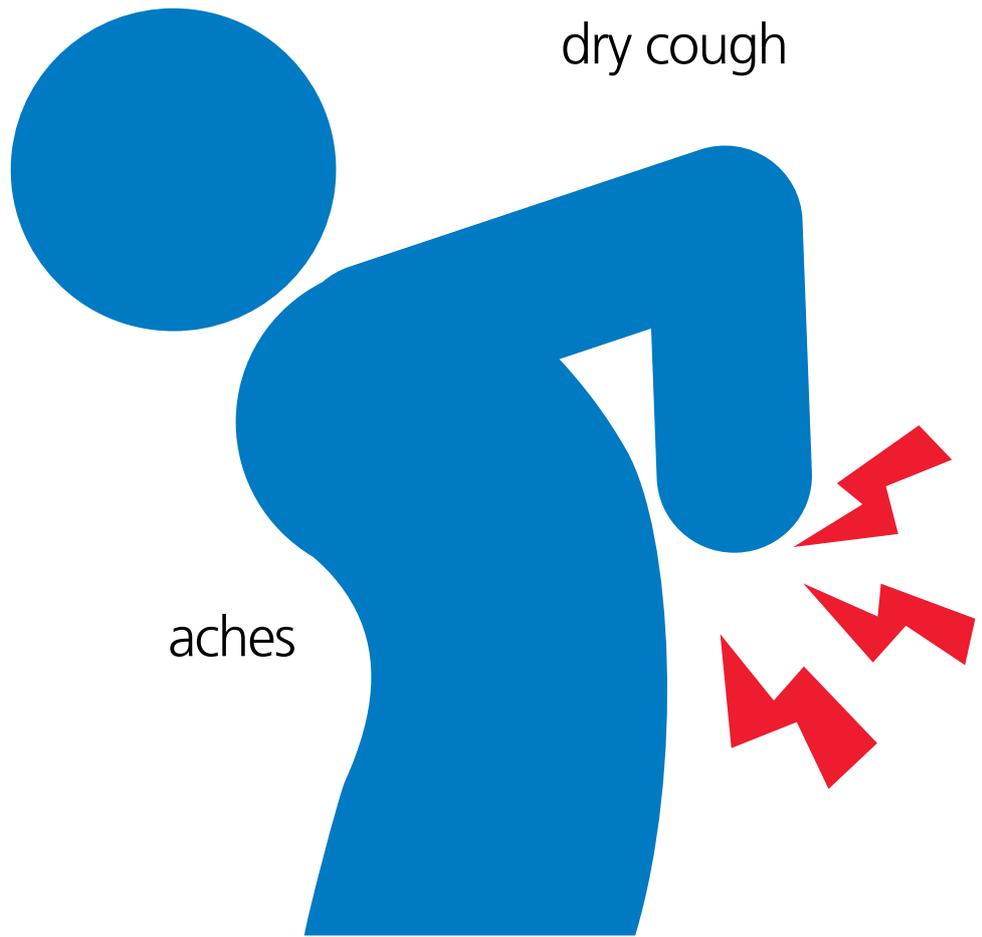
difficulty breathing



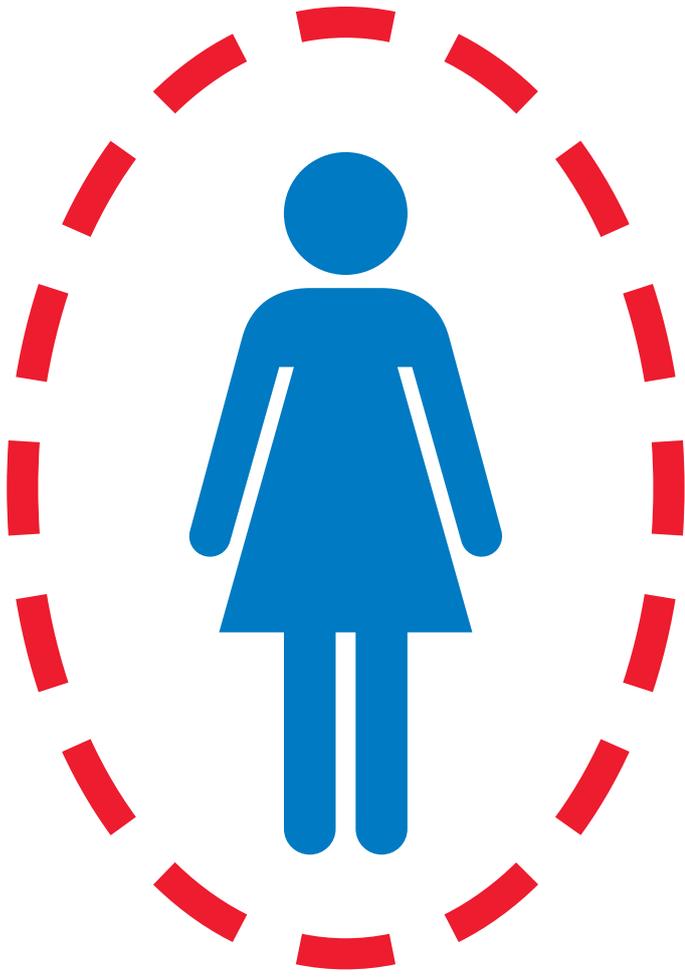
dry cough



tiredness

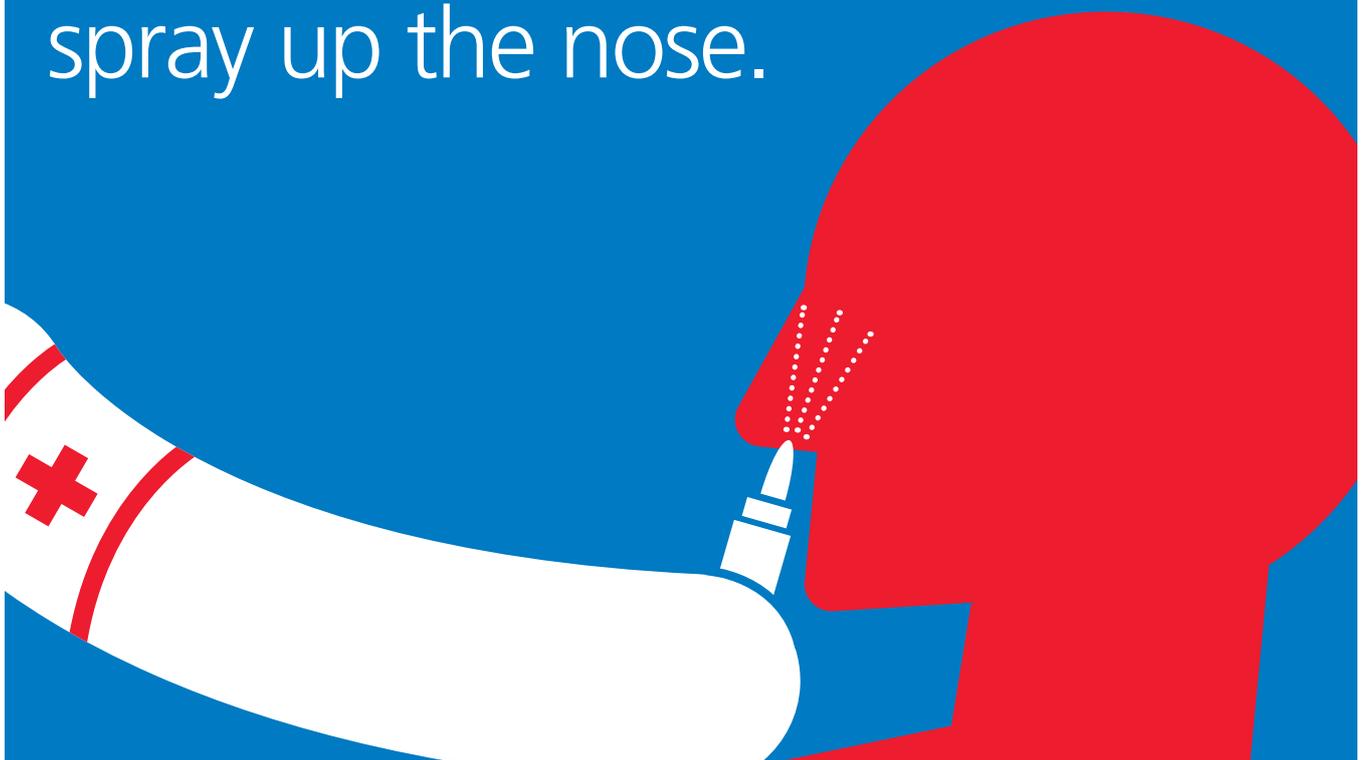


aches



Having a vaccine can help stop you catching flu.

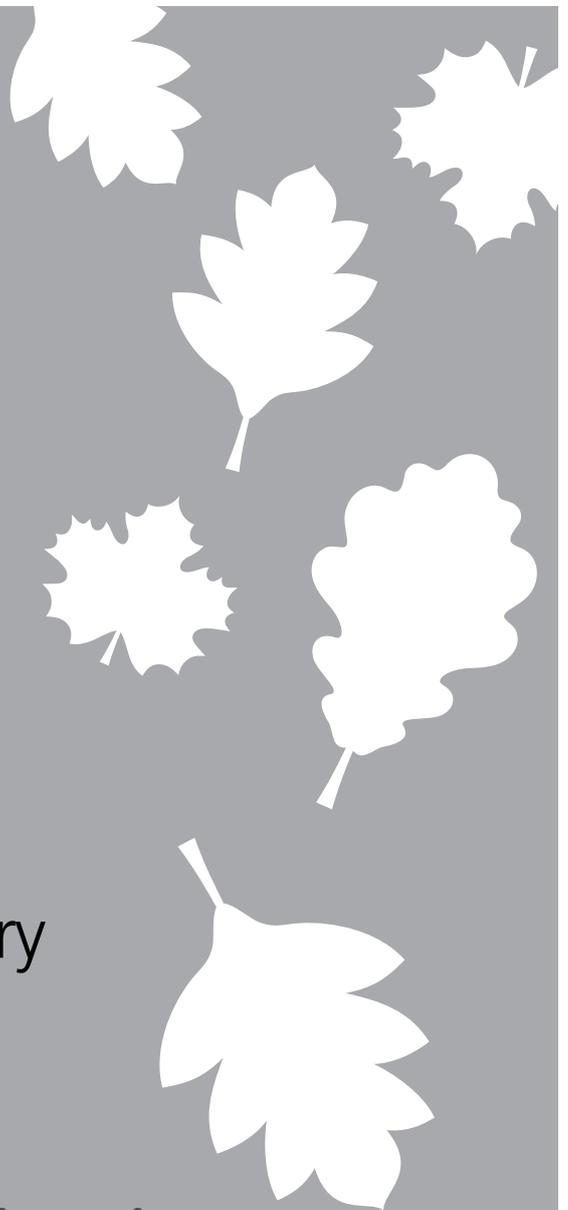
The vaccine is a small spray up the nose.



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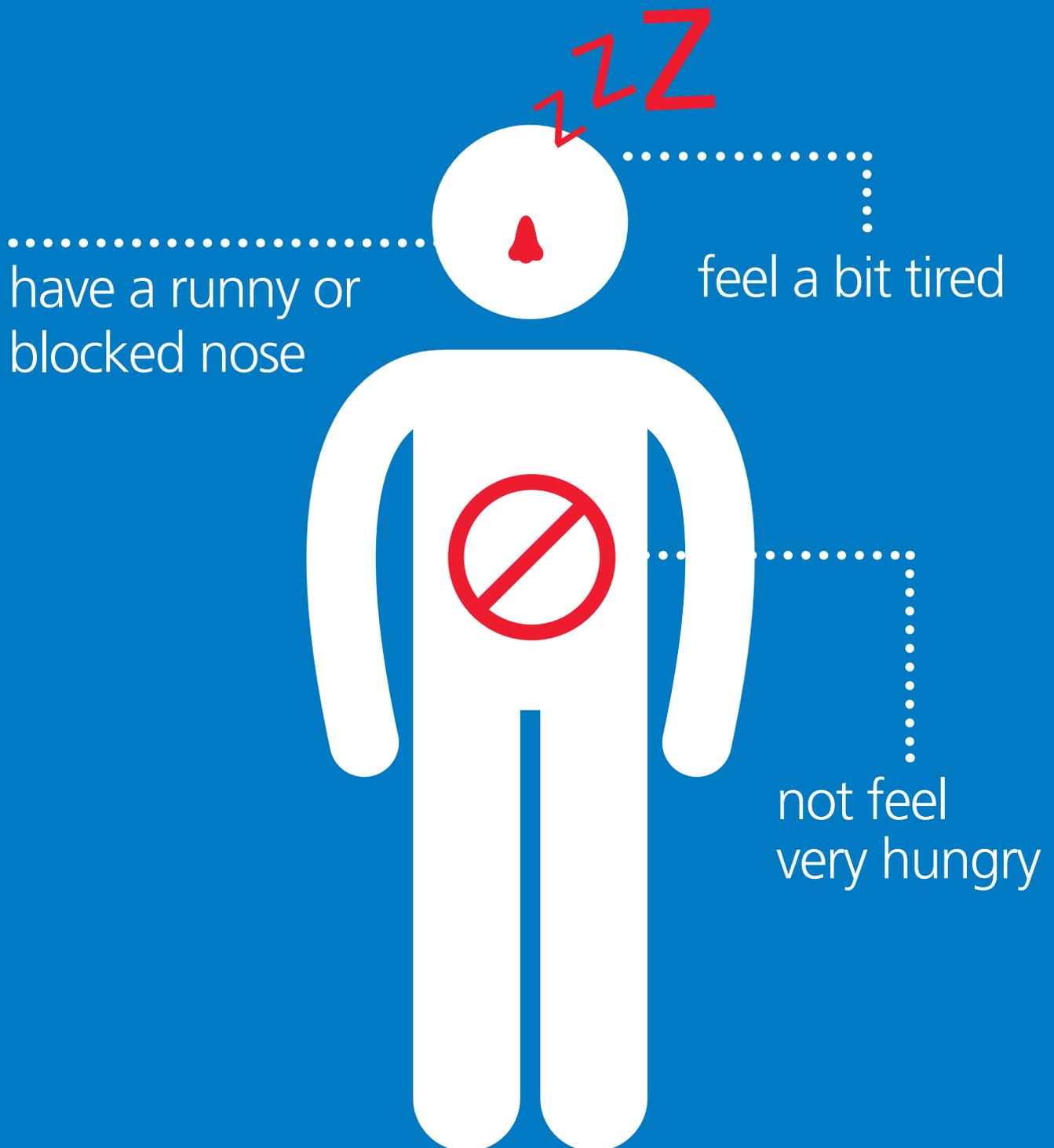
The best time  
to have a flu  
spray is in the  
**autumn.**

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



# Will the flu spray make me feel ill?

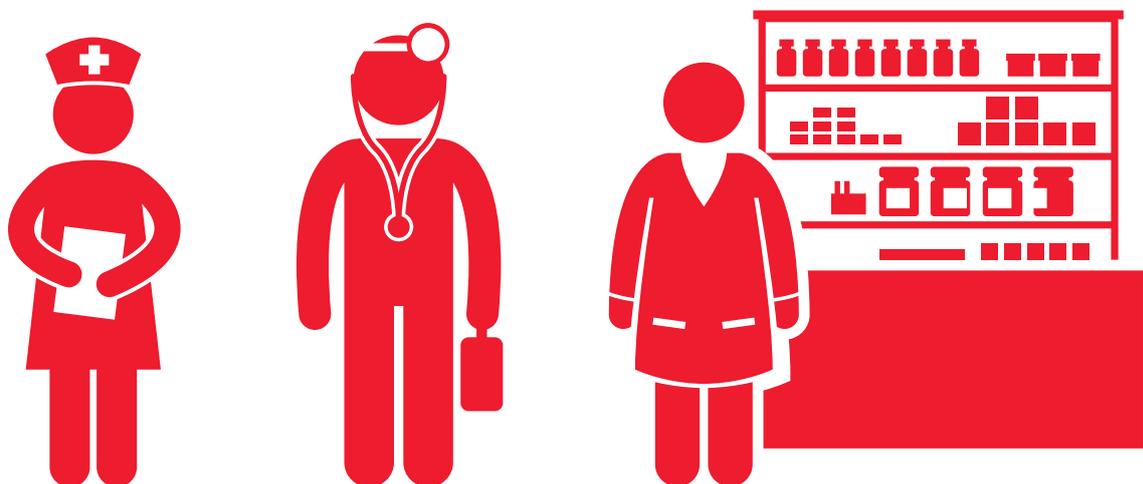
After the flu spray you may:



This will go away in a few days.

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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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