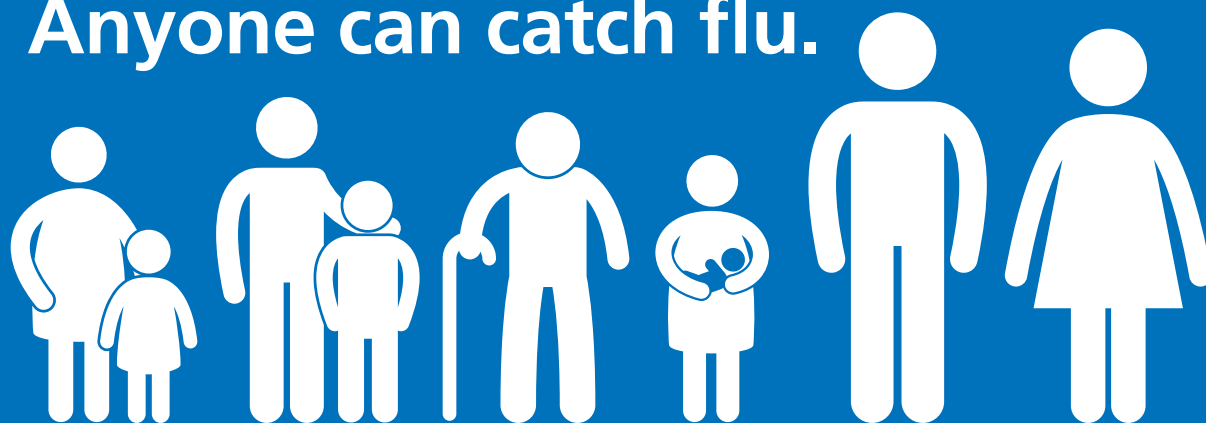


All about flu and how to stop getting it

Simple text version for children



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.



Here are the signs of flu.



blocked up nose



painful ear



sore throat



high temperature



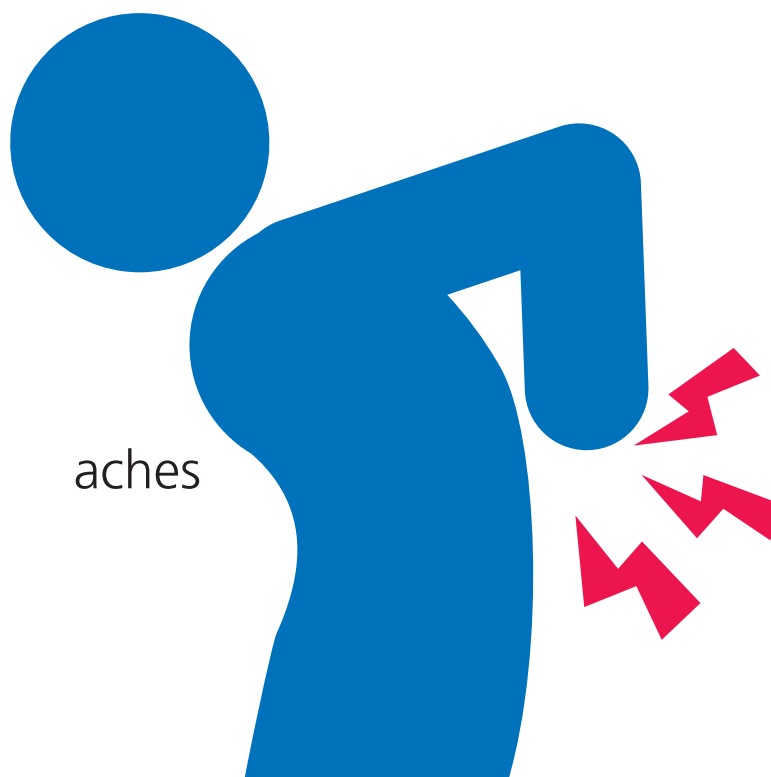
difficulty breathing



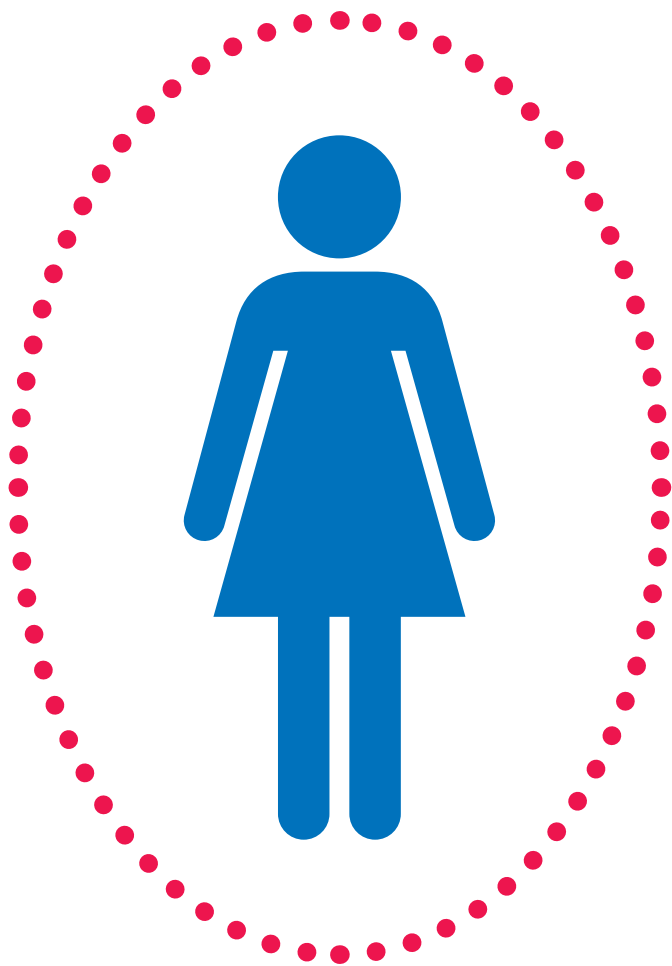
dry cough



tiredness

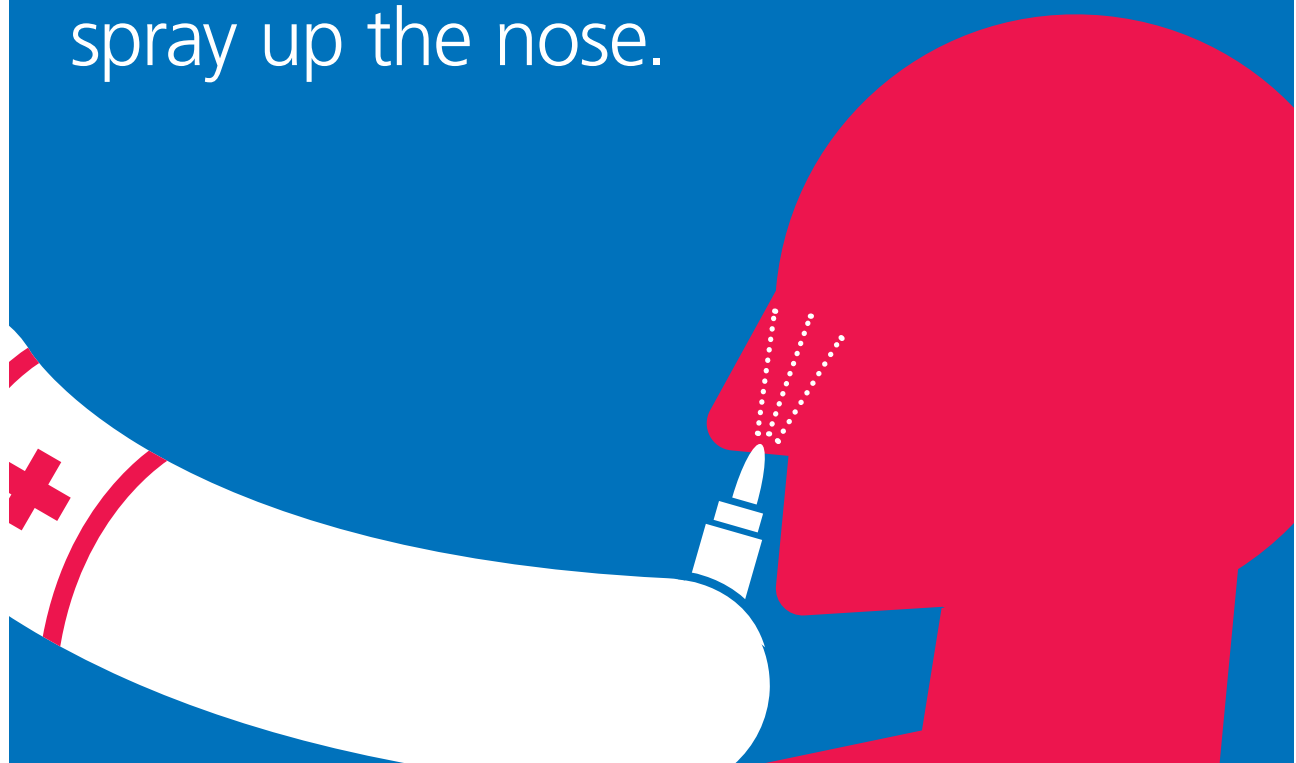


aches



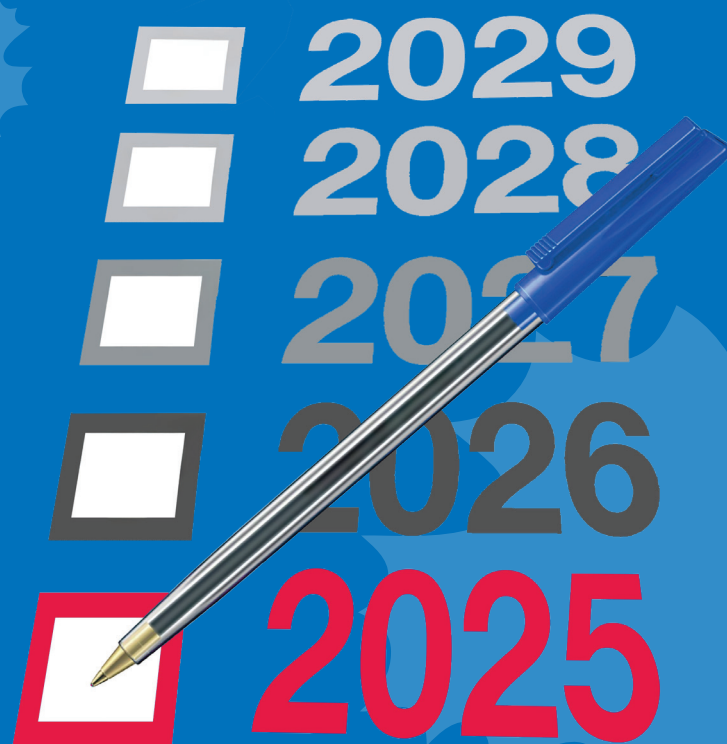
Having a
vaccine can
help stop you
catching flu.

The vaccine is a small
spray up the nose.



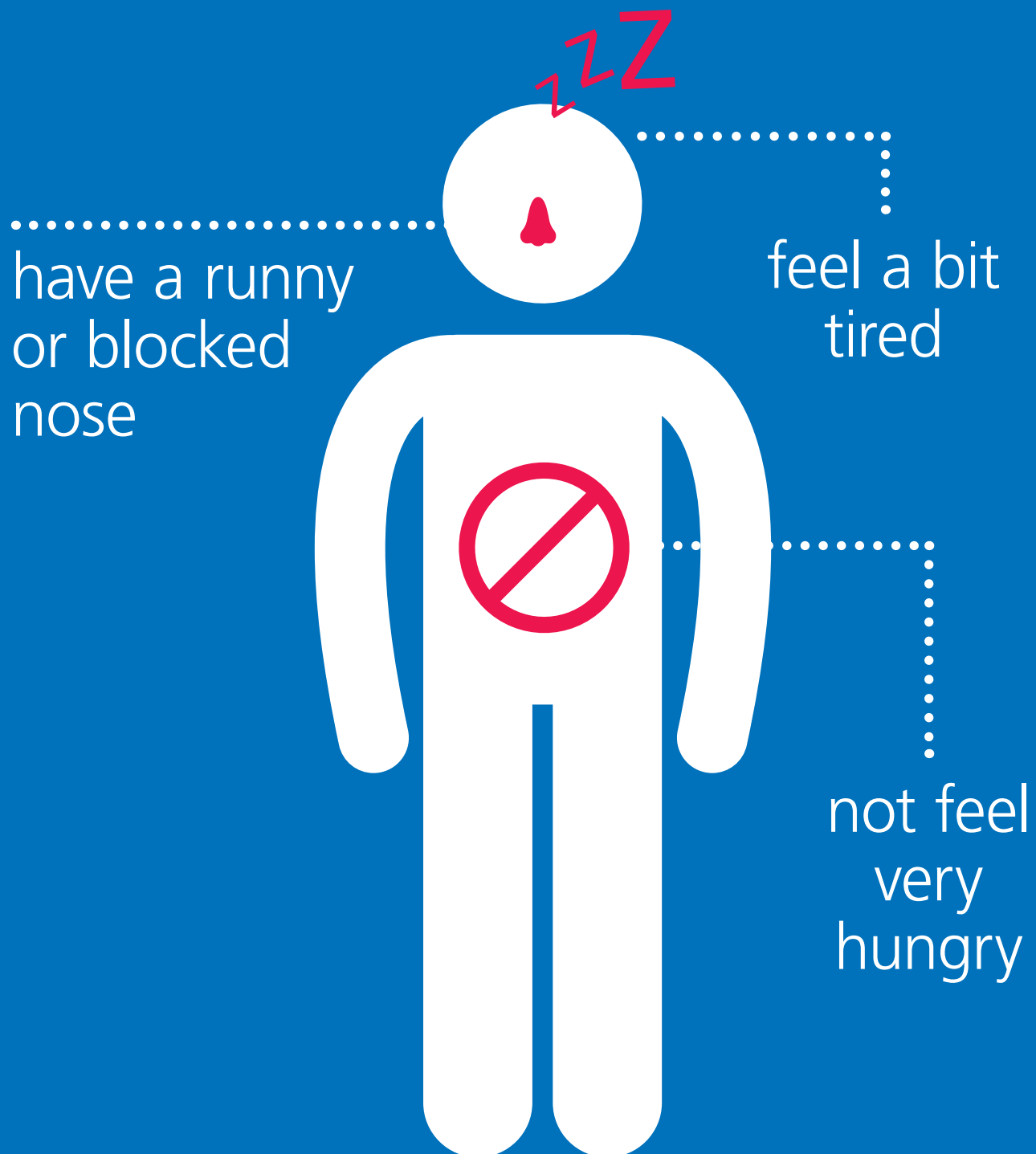
The best time to have a flu spray is in the autumn.

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:



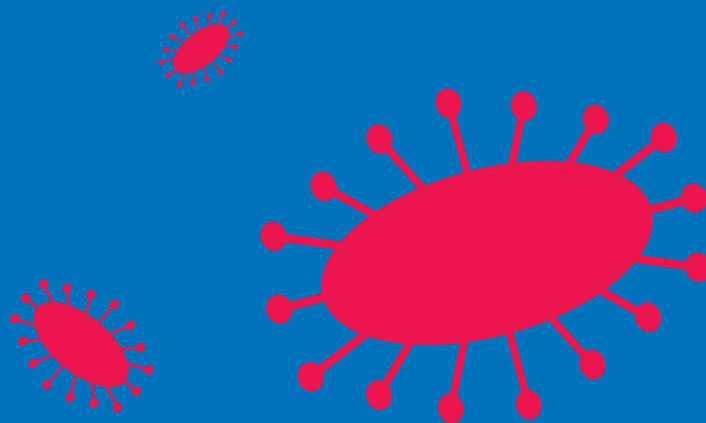
This will go away in a few days.

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



You can also find information online at www.nhs.uk/flujab





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www.nhs.uk/flujab