



Public Health  
England

**NHS**

# All about flu and how to stop getting it

EasyRead version for people  
with learning disabilities



**STAYWELL  
THISWINTER**

Flu **i**mmunisation

Helping to protect everyone, at every age

Anyone can catch flu.



Flu is caused by  
a bug called a

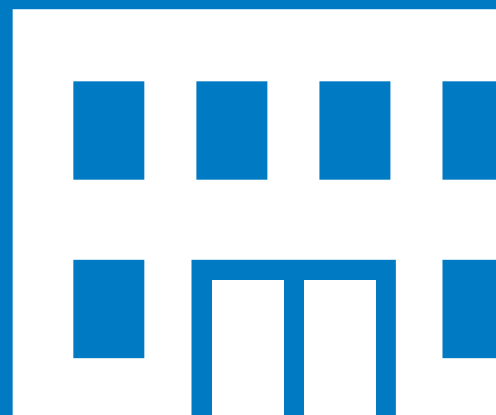
**virus**



Flu can make  
you feel ill.



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

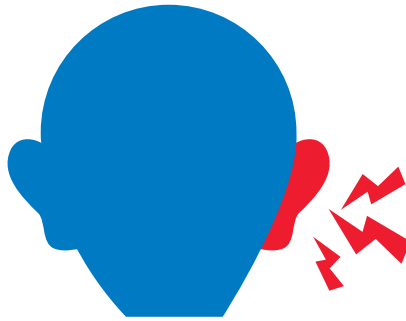


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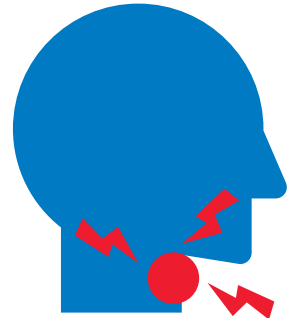
# Here are the signs of flu



blocked up nose



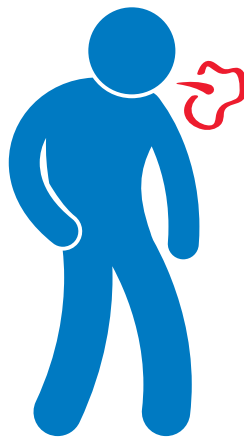
painful ear



sore throat



high temperature



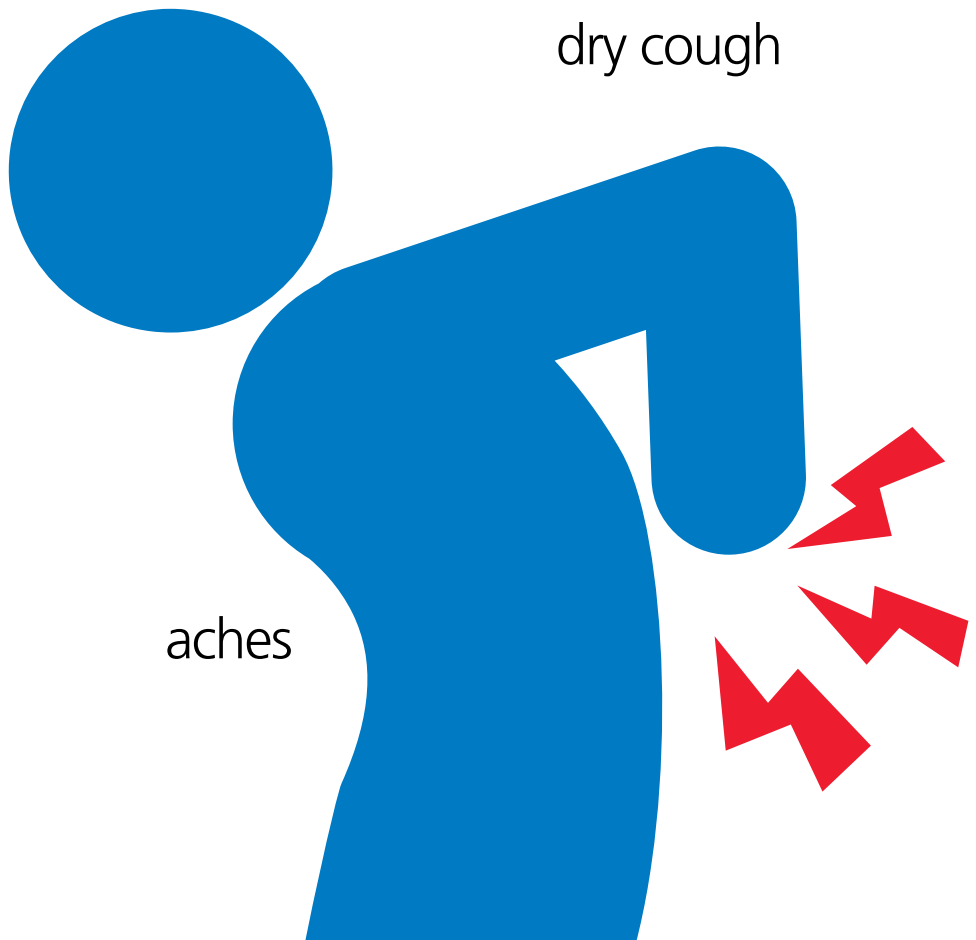
difficulty breathing



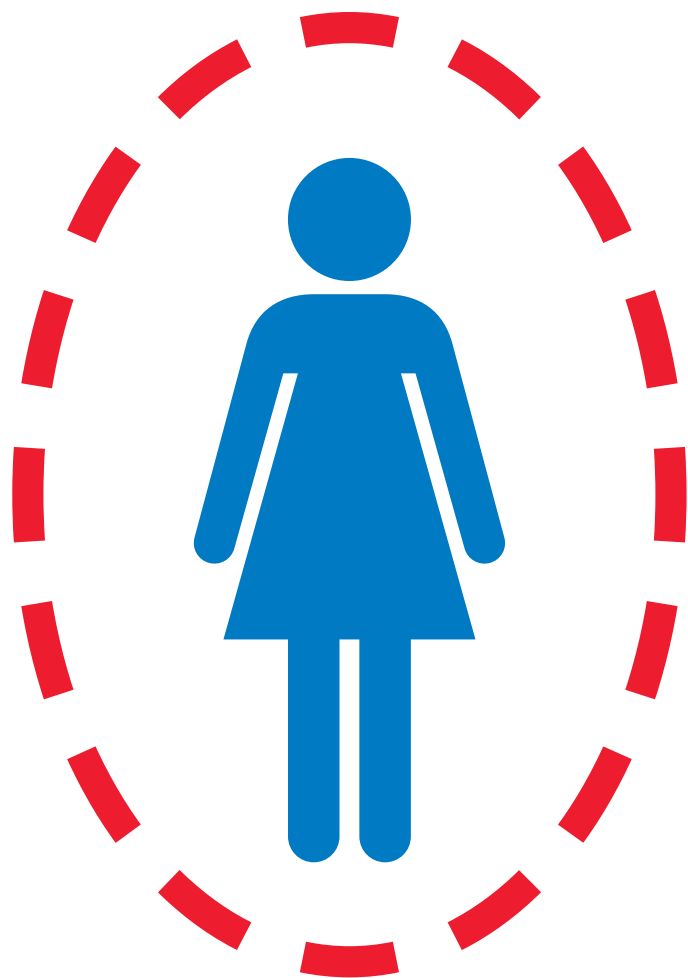
dry cough



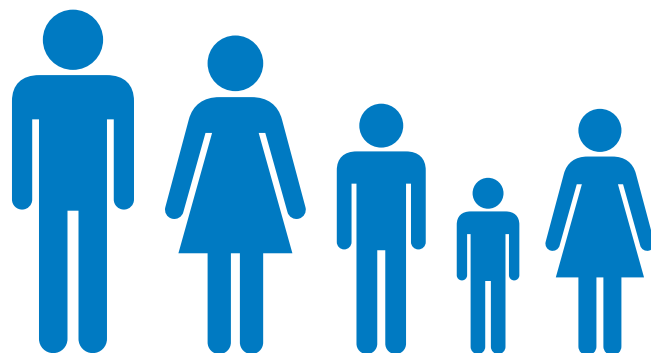
tiredness



aches



Having a 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.



And it is free to people with learning disabilities

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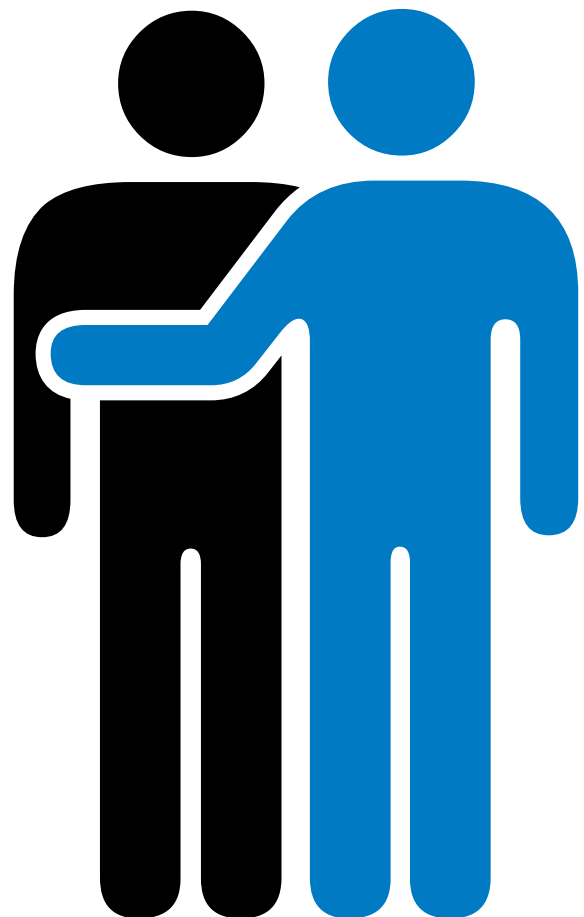
The best time to have a jab is in the **autumn**.

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



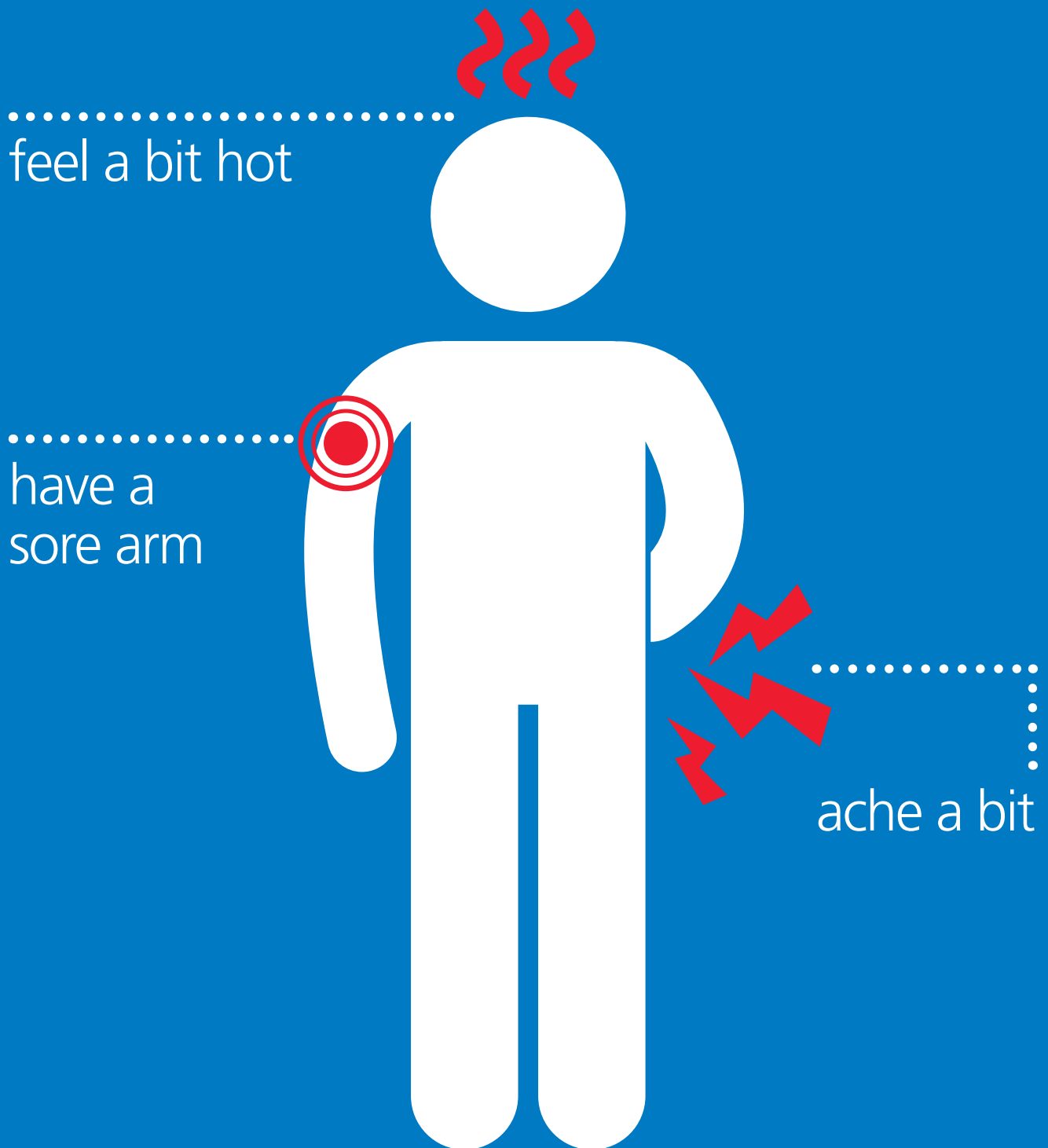
## Who else should have a flu jab?

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:



But do not worry, if you do feel ill,  
it will go away in a few days.

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

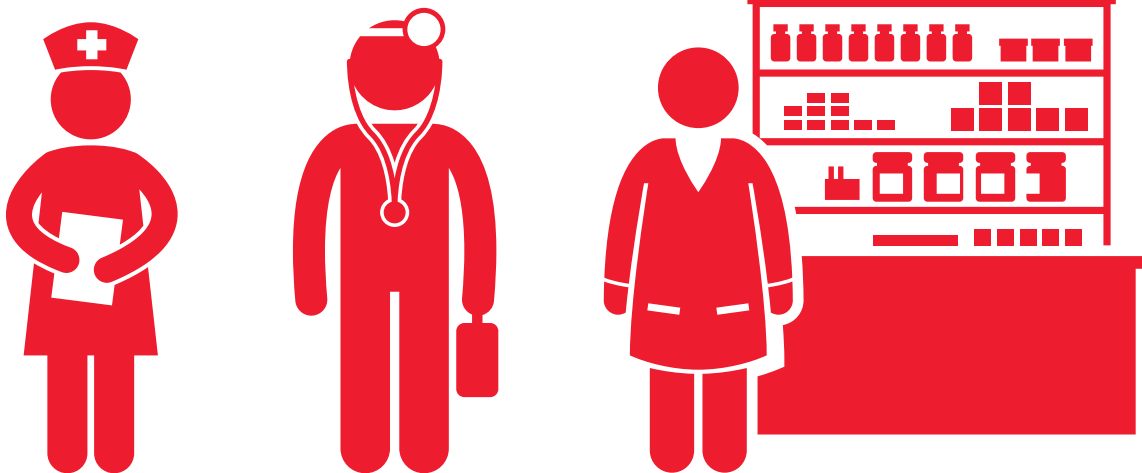


Your doctors should get in touch with you to come in for a jab.

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





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