

# All about flu and how to stop getting it

EasyRead version for children  
with learning disabilities



Anyone can catch flu.



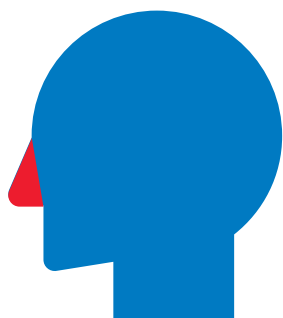
Flu is caused by  
a bug called a

**virus**



Flu can make  
you feel ill.

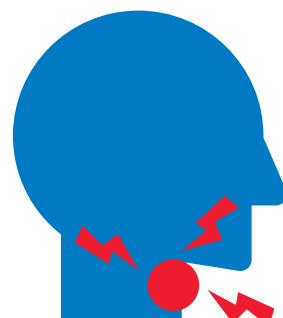
# Here are the signs of flu



blocked up nose



painful ear



sore throat



high temperature



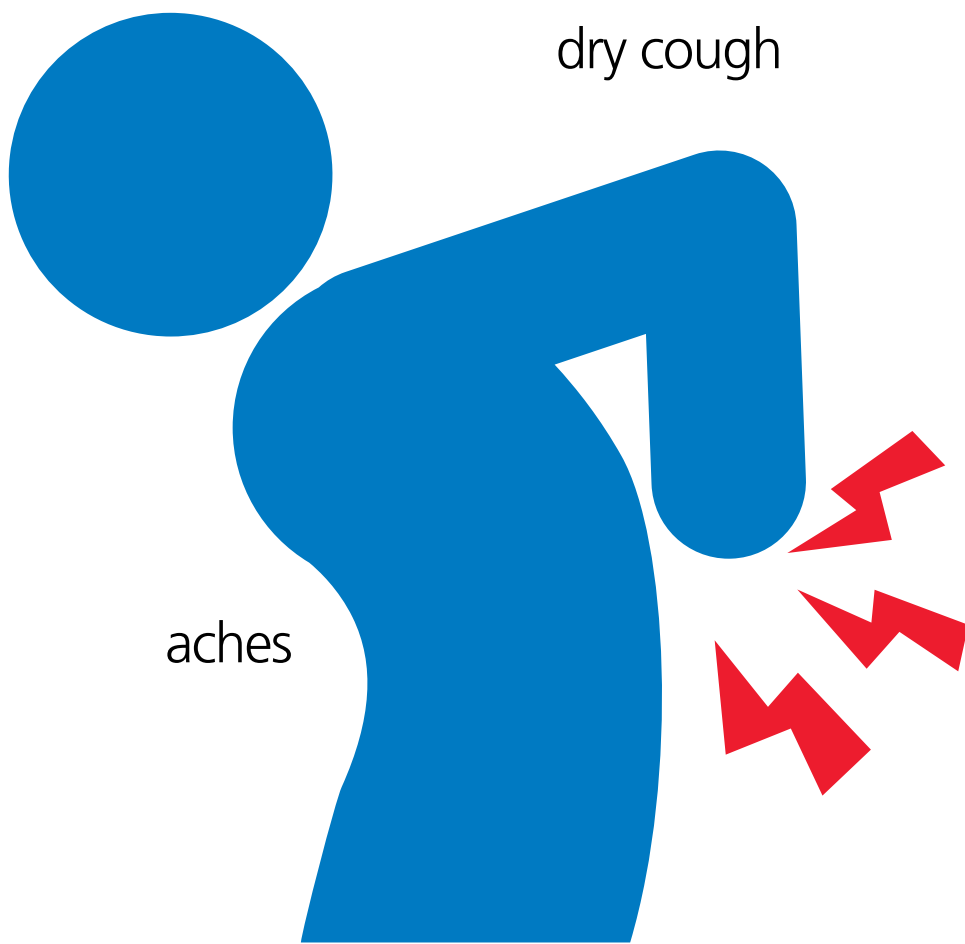
difficulty breathing



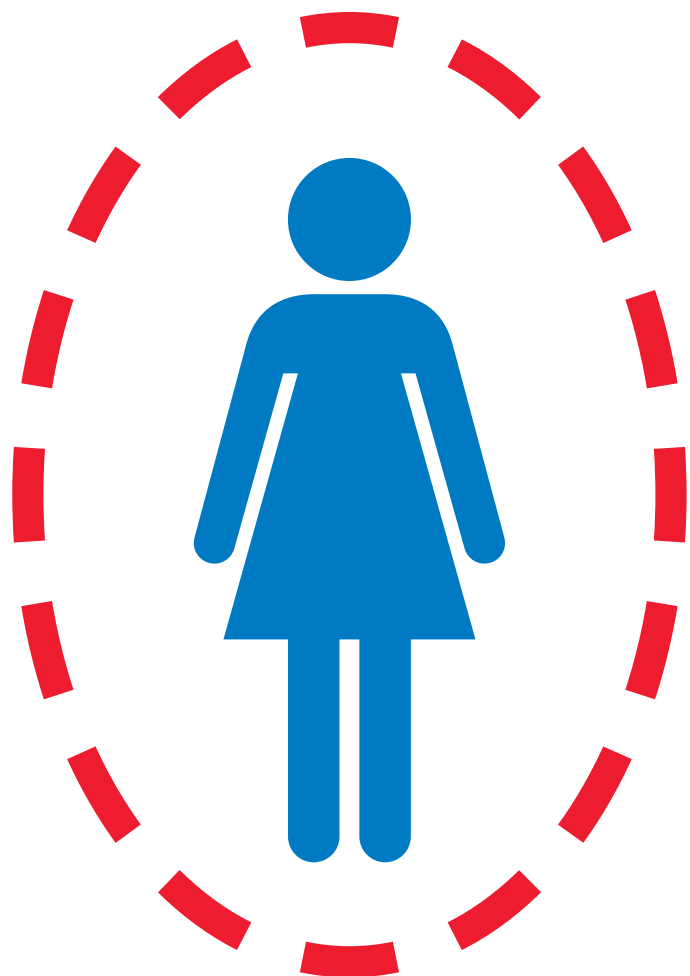
dry cough



tiredness

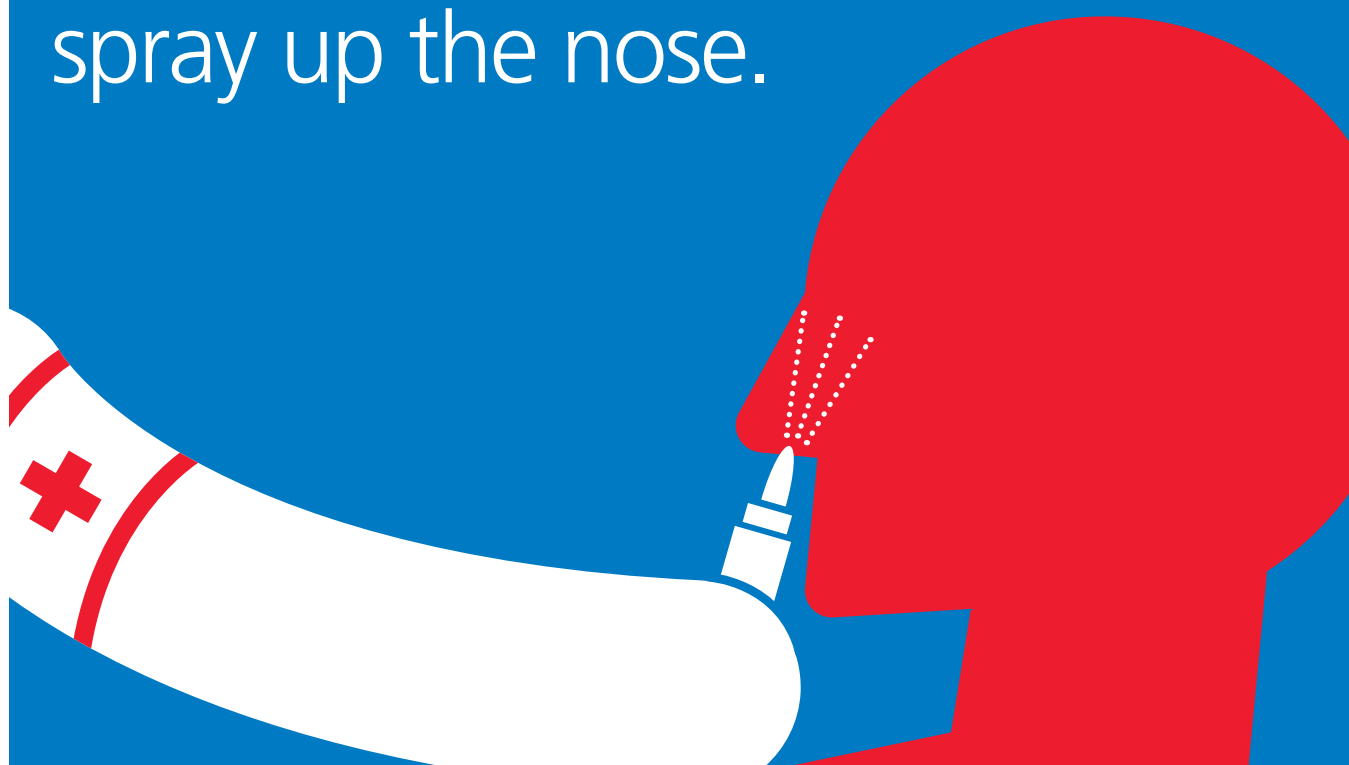


aches



Having a vaccine can help stop you catching flu.

The vaccine is a small spray up the nose.



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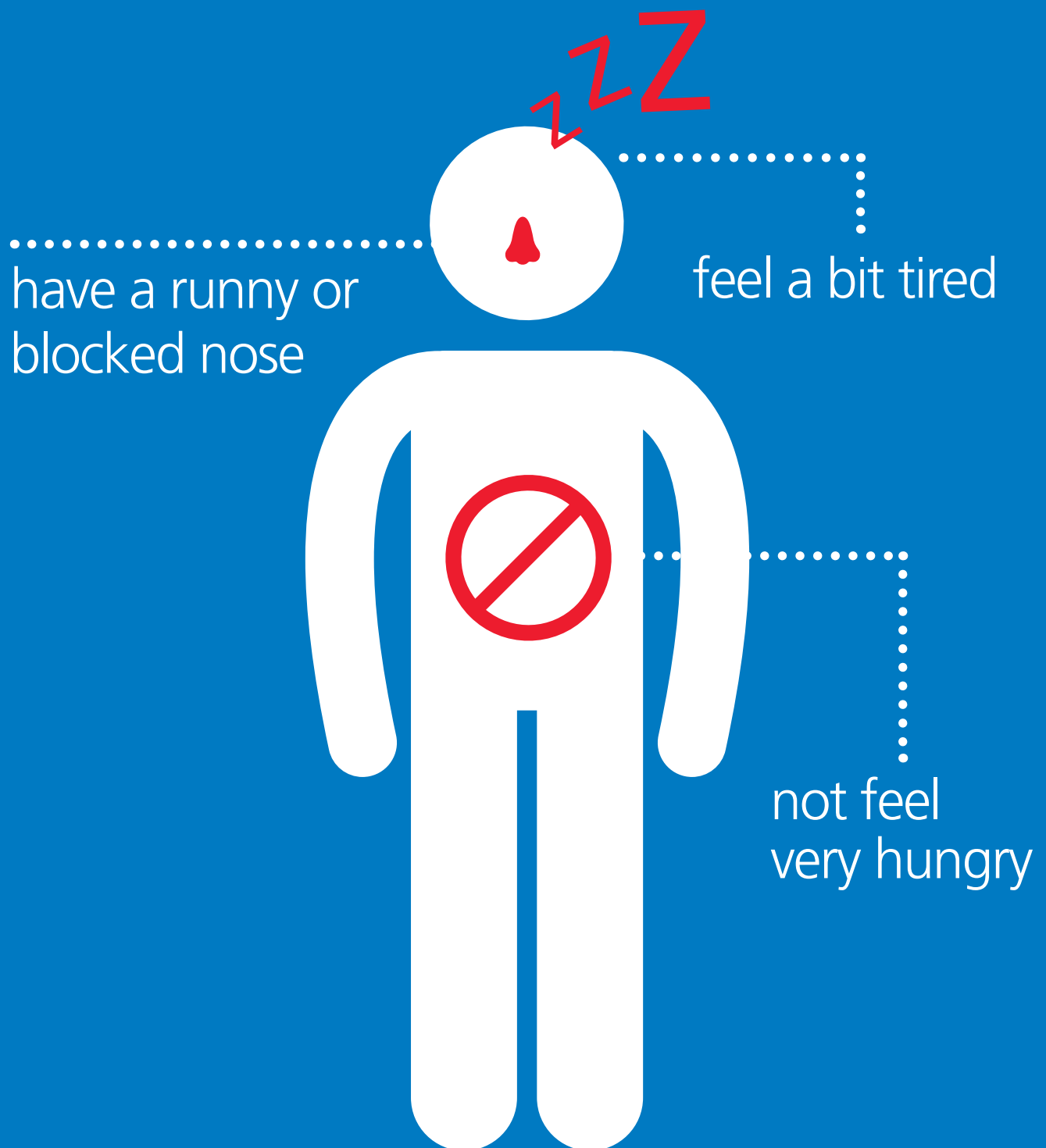
The best time  
to have a flu  
spray is in the  
**autumn.**

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



# Will the flu spray make me feel ill?

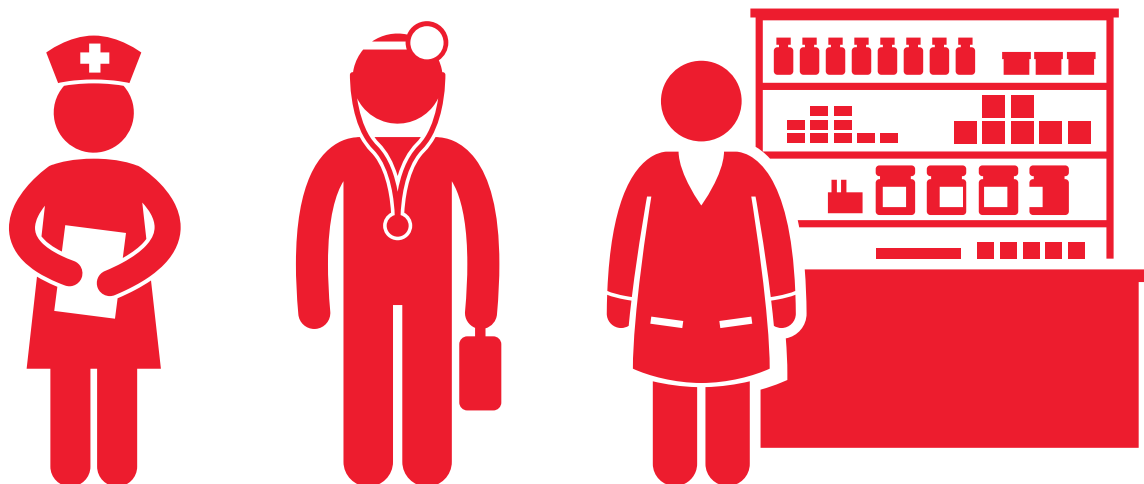
After the flu spray you may:



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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