



Public Health
England



All about flu and how to stop getting it

Simple version for children



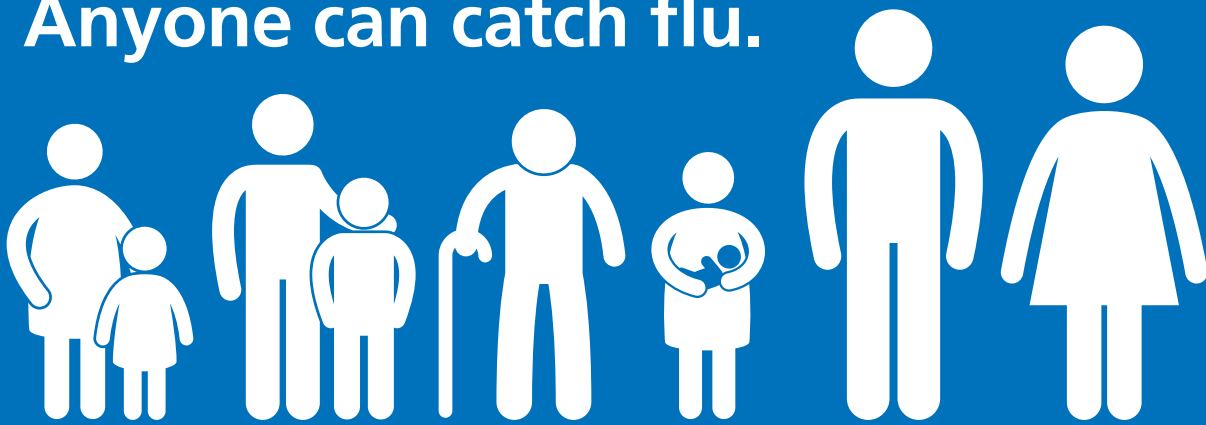
**HELP US
HELP YOU**

PROTECT AGAINST FLU

Flu **i**mmunisation

Helping to protect everyone,
at every age

Anyone can catch flu.



Flu is caused by
a bug called a

virus



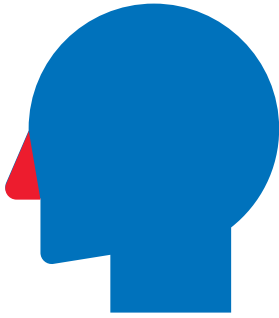
Flu can make
you feel ill.



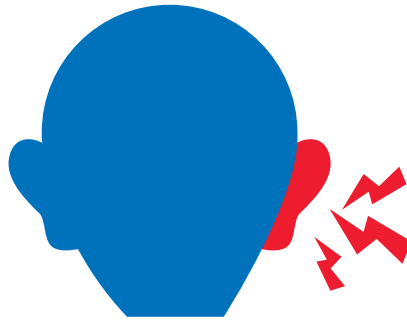
If you are very ill you
might even need
to go to hospital.



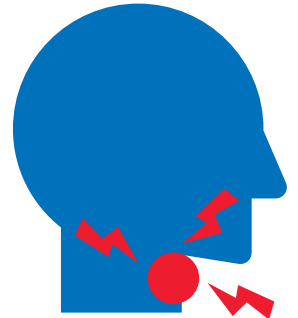
Here are the signs of flu.



blocked up nose



painful ear



sore throat



high temperature



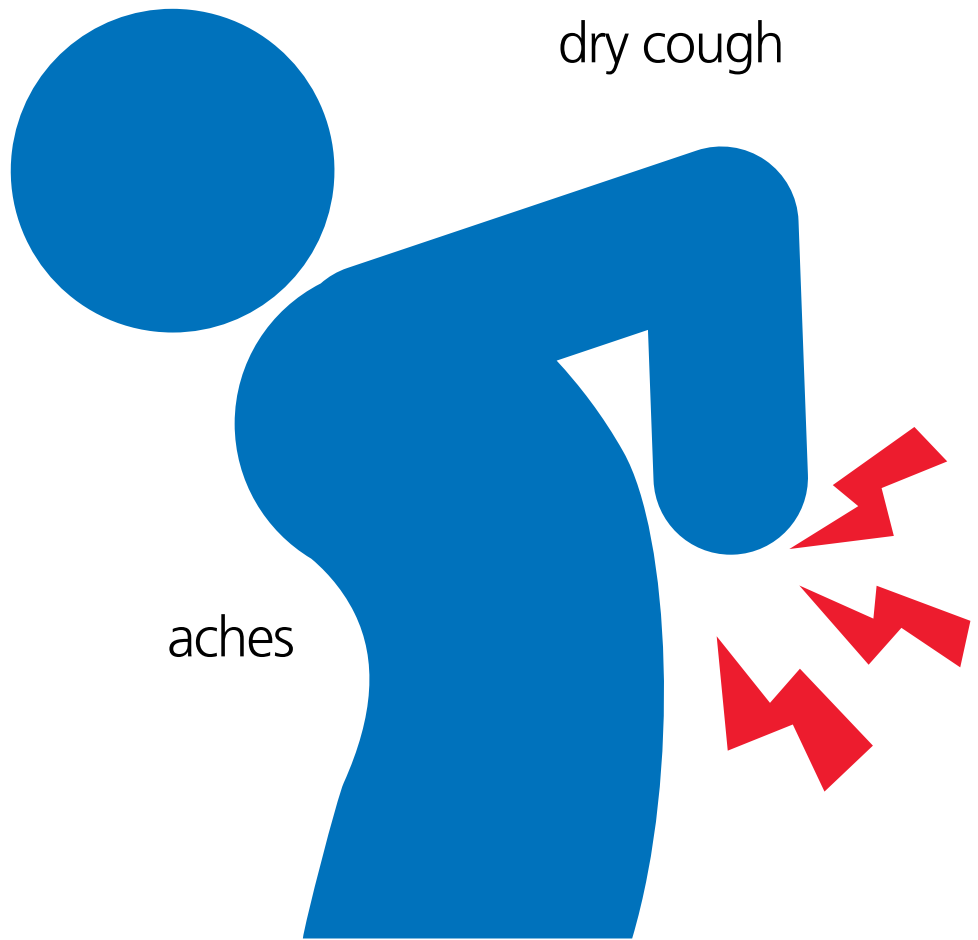
difficulty breathing



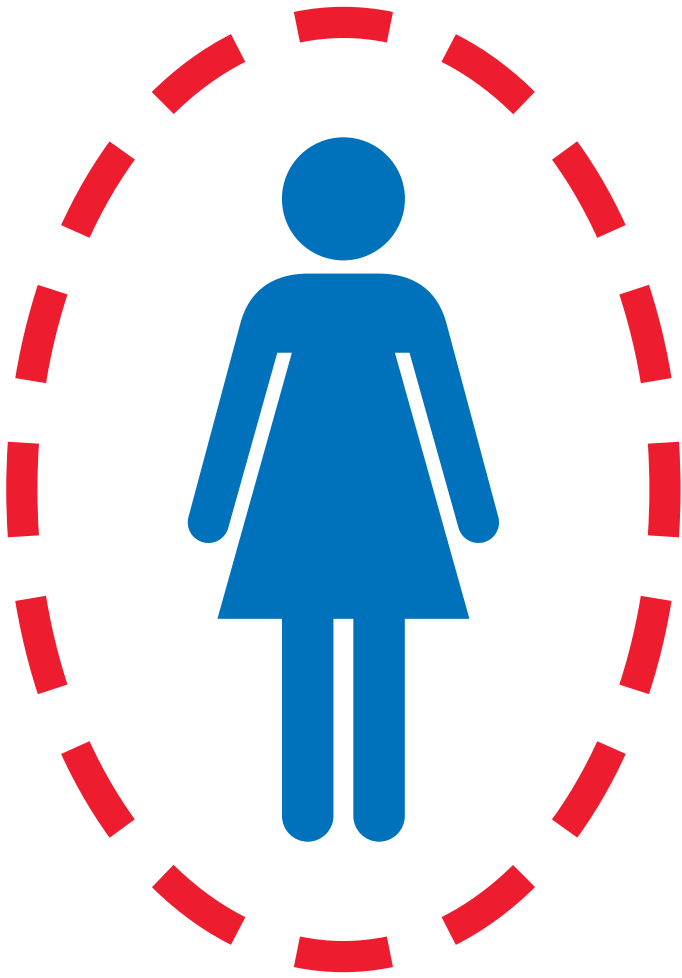
dry cough



tiredness

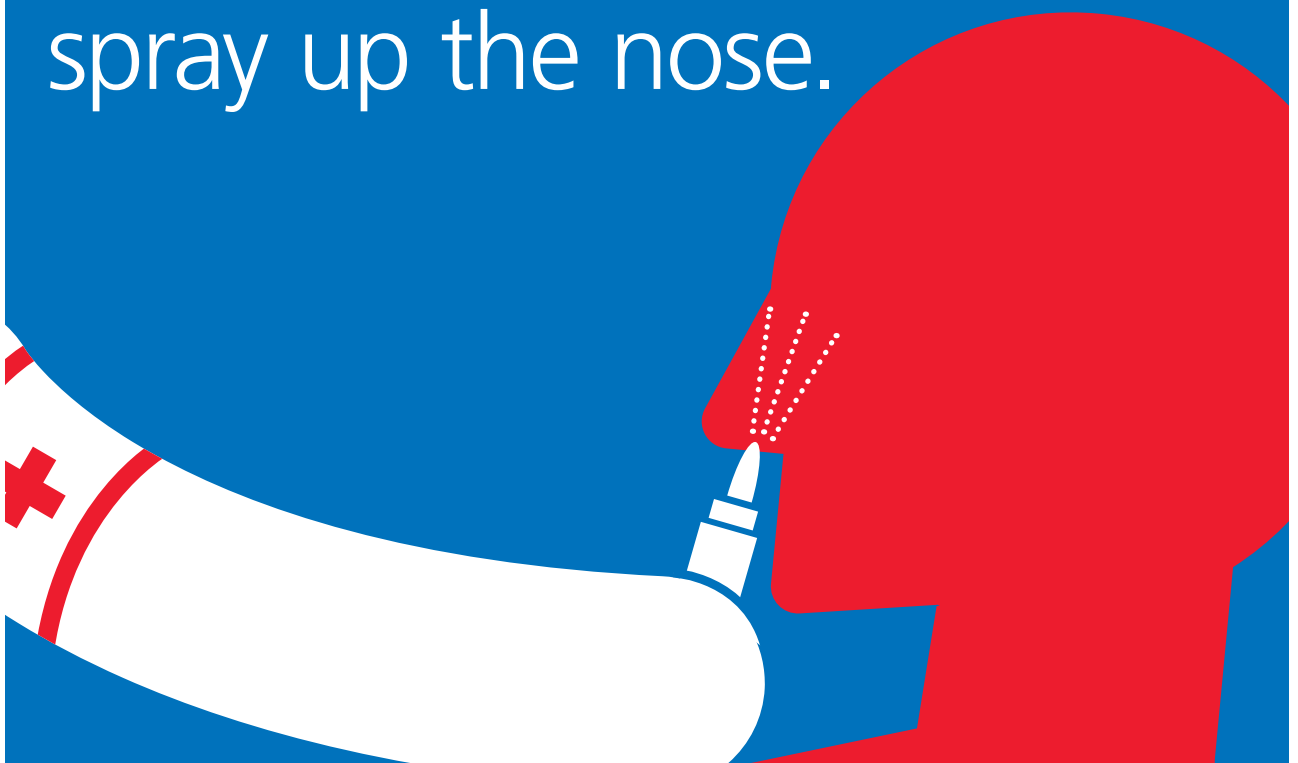


aches



Having a vaccine can help stop you catching flu.

The vaccine is a small spray up the nose.



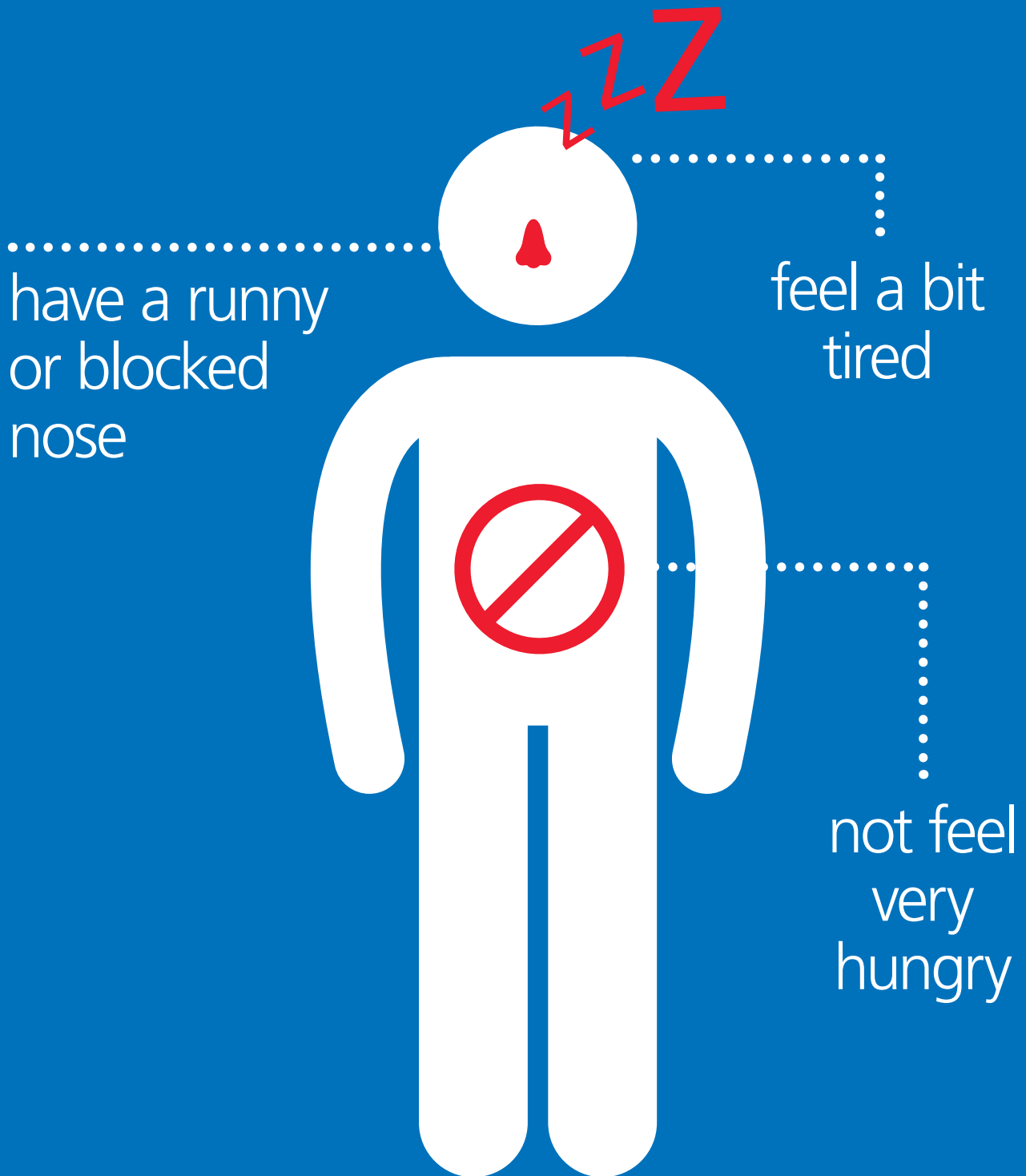
The best time to have a flu spray is in the **autumn**.

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



Will the nasal spray make me feel ill?

After the nasal spray you may:



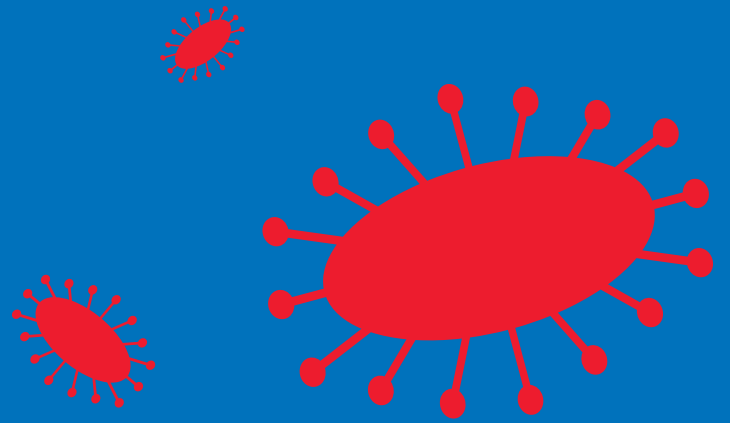
This will go away in a few days.

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





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More copies of this leaflet can be ordered from:

Health Publications www.healthpublications.gov.uk/Home.html

www.nhs.uk/flujab