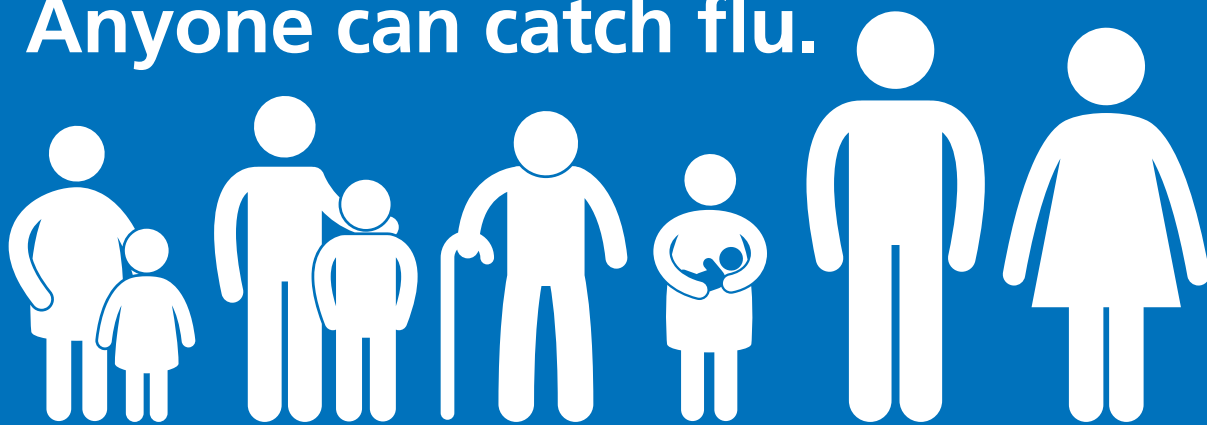


# All about flu and how to stop getting it

Simple text version for children



Anyone can catch flu.



Flu is caused by  
a bug called a

**virus**



Flu can make  
you feel ill.

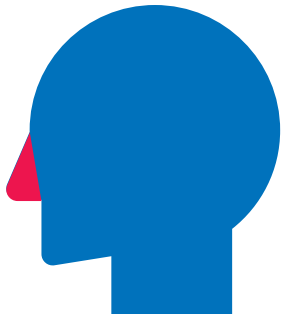


If you are very ill you might  
even need to go to hospital.



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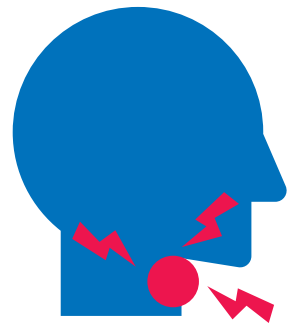
## Here are the signs of flu.



blocked up nose



painful ear



sore throat



high temperature



difficulty breathing



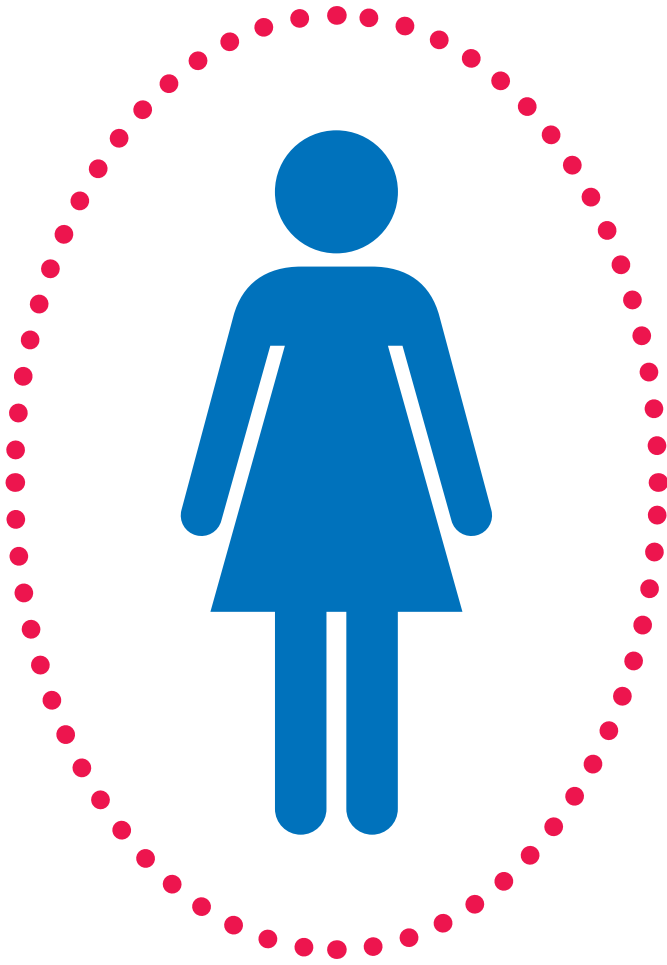
dry cough



tiredness

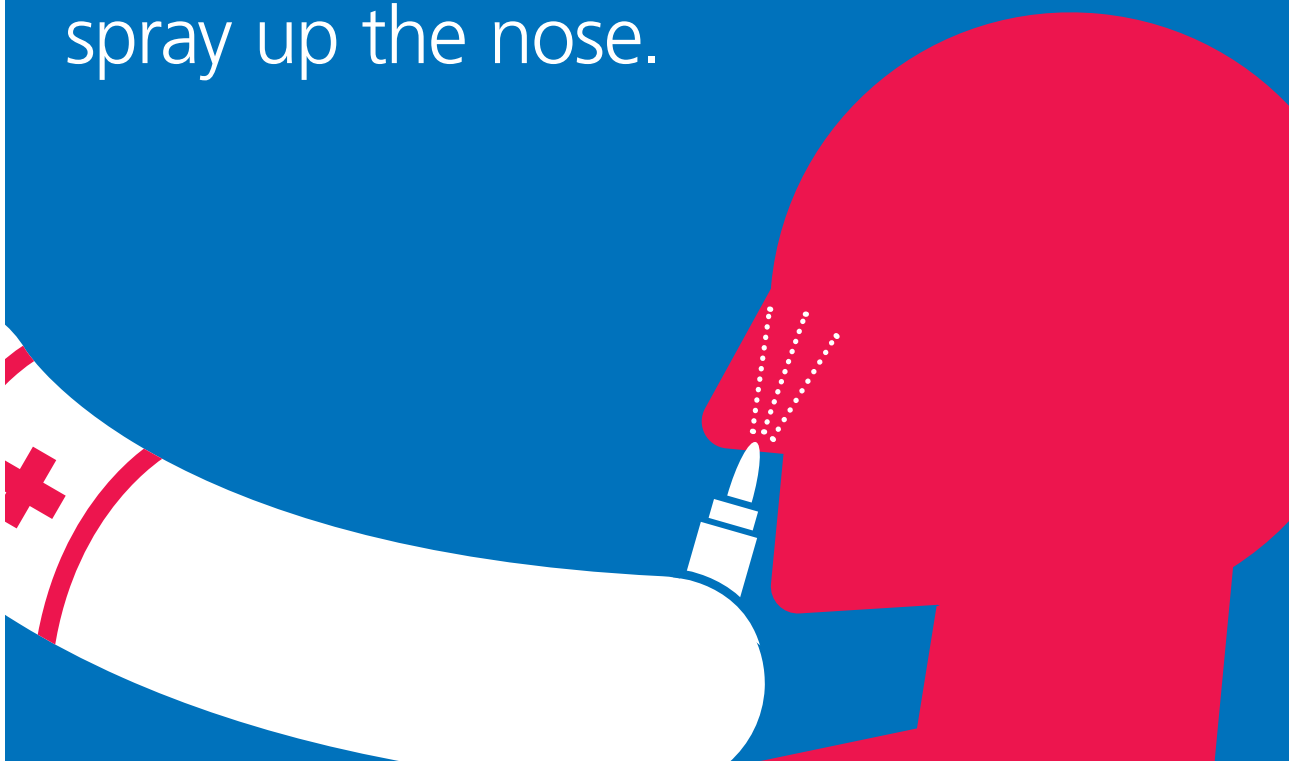


aches



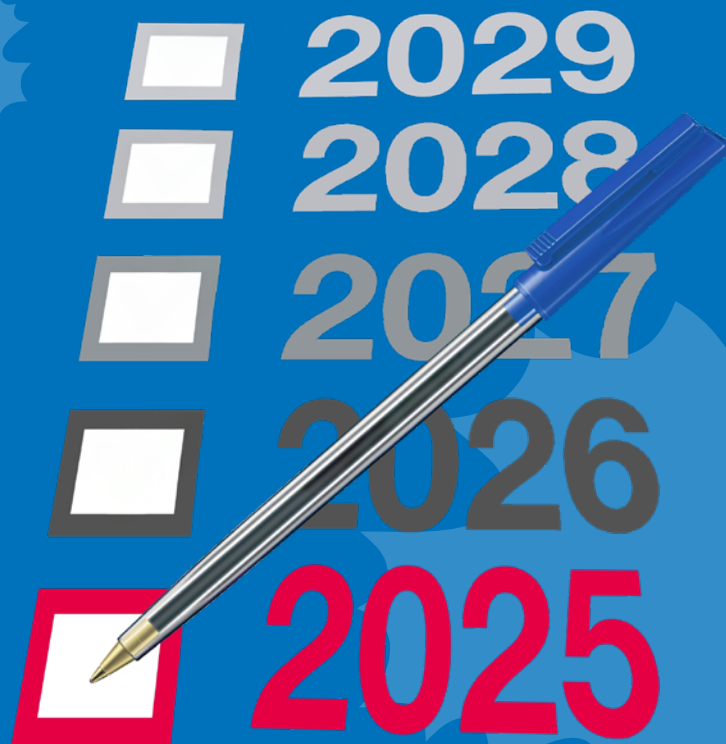
Having a  
vaccine can  
help stop you  
catching flu.

The vaccine is a small  
spray up the nose.



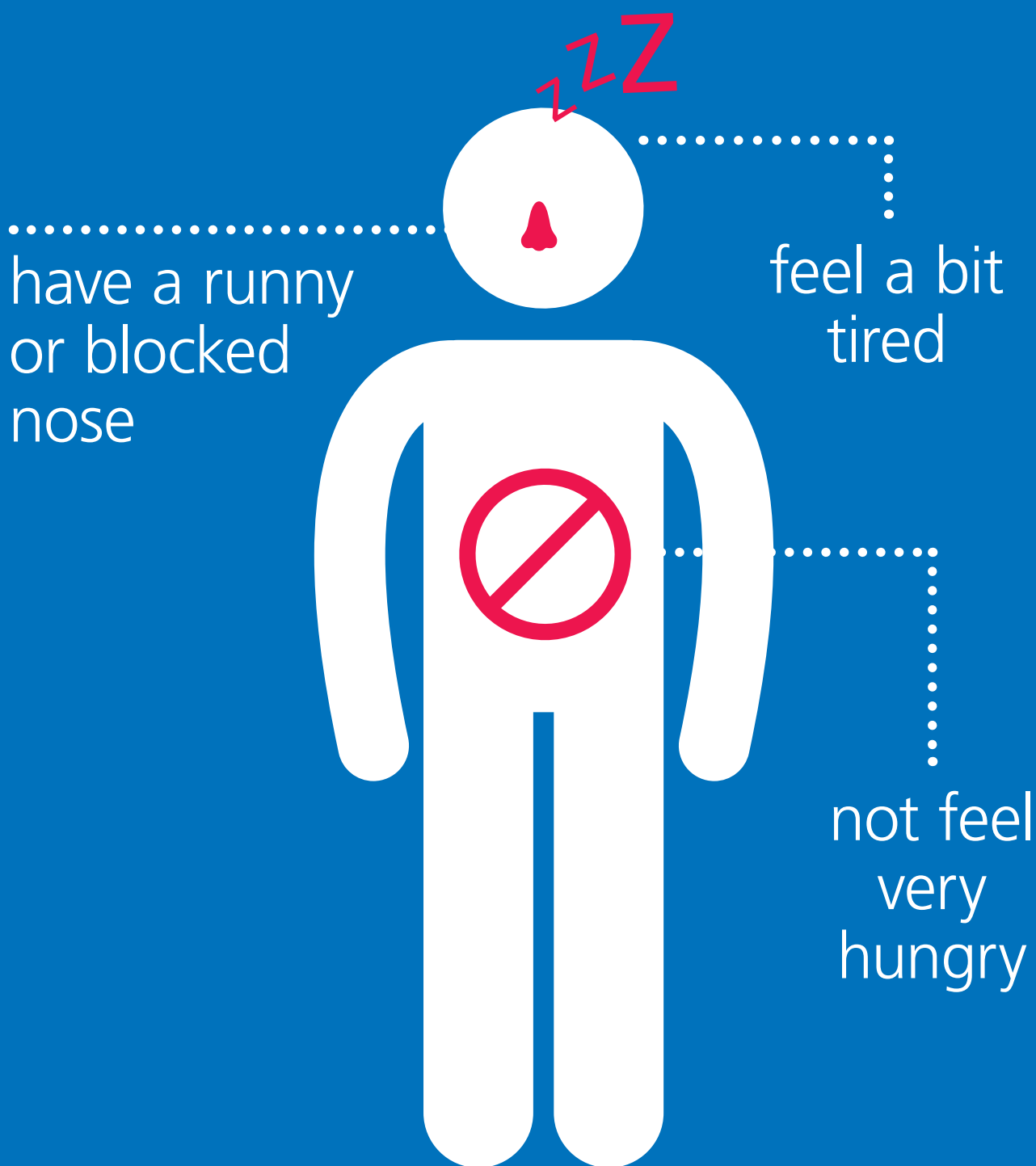
# The best time to have a flu spray is in the autumn.

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:



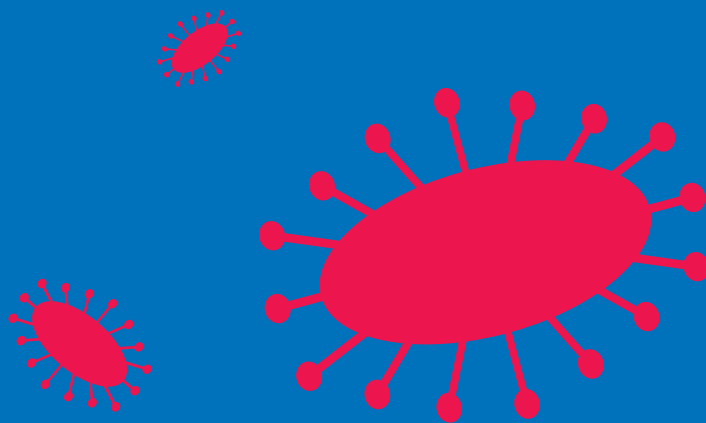
This will go away in a few days.

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](http://www.nhs.uk/flujab)





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Product code: FLU2025STC 1p 10K JUN 2025 (APS)

UK Health Security Agency gateway number: 2025034

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