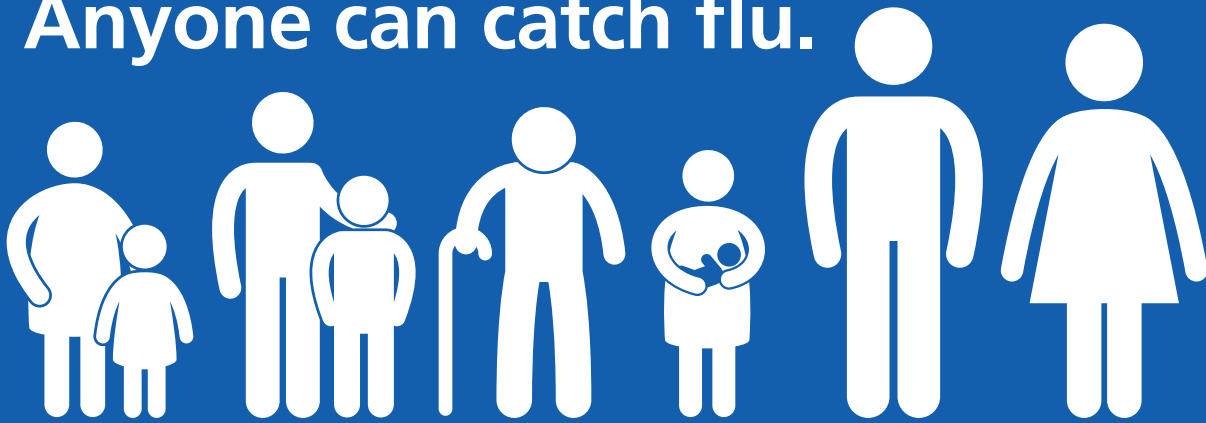


All about flu and how to stop getting it

Simple text version for adults



Anyone can catch flu.



Flu is caused by
a bug called a

virus



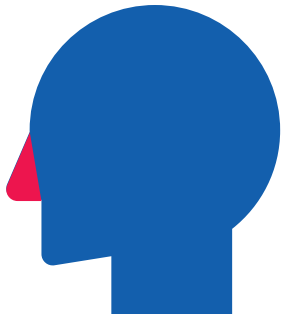
Flu can make
you feel ill.



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



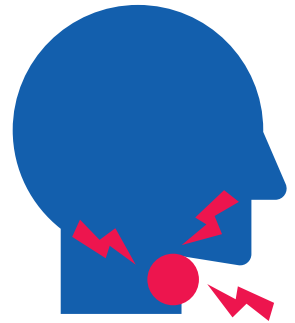
Here are the signs of flu.



blocked up nose



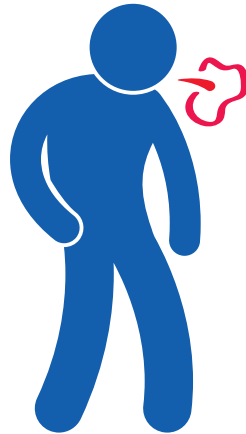
painful ear



sore throat



high temperature



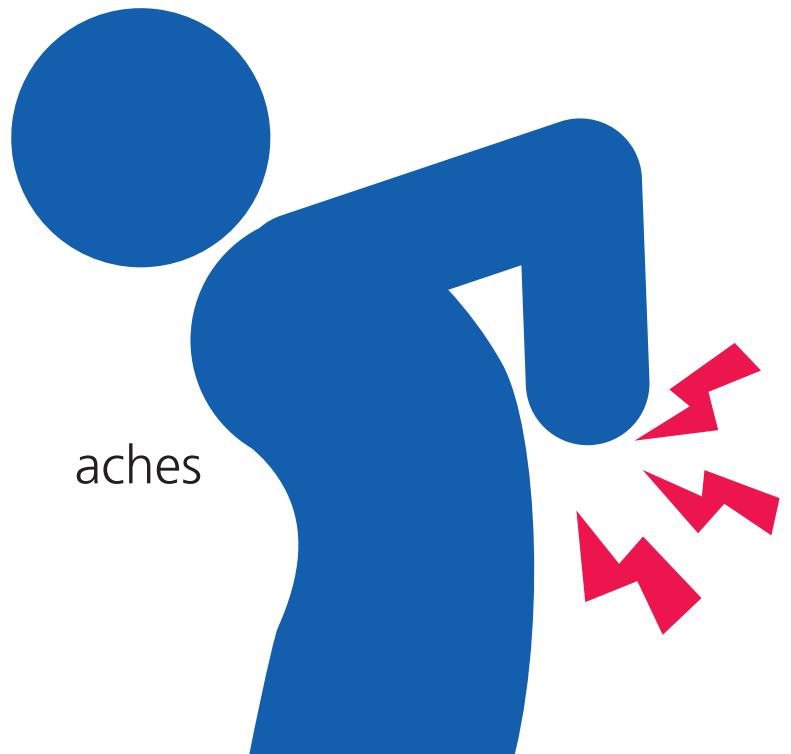
difficulty breathing



dry cough



tiredness



aches

Who should have a flu jab?

People who are more likely to get very ill from flu should have a flu jab. This includes those:

**65 years
and older**



Pregnant

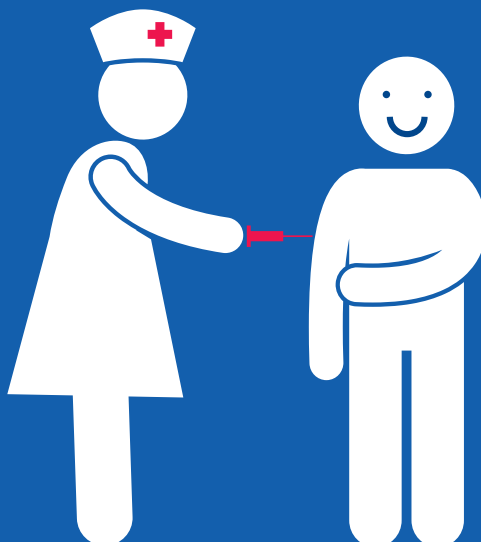


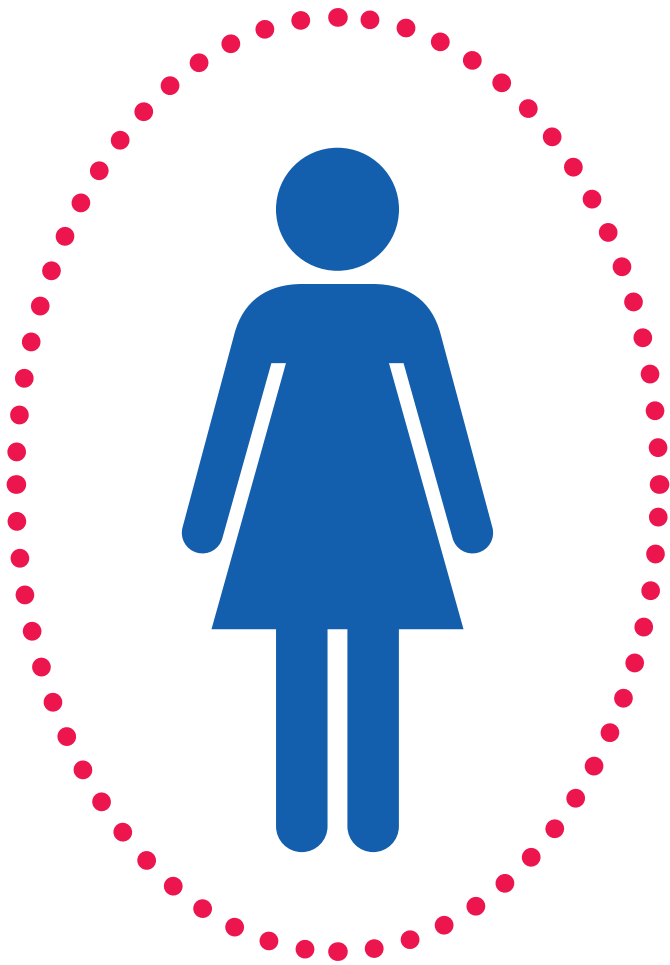
**With a
health
condition
like heart
disease,
diabetes
or asthma**



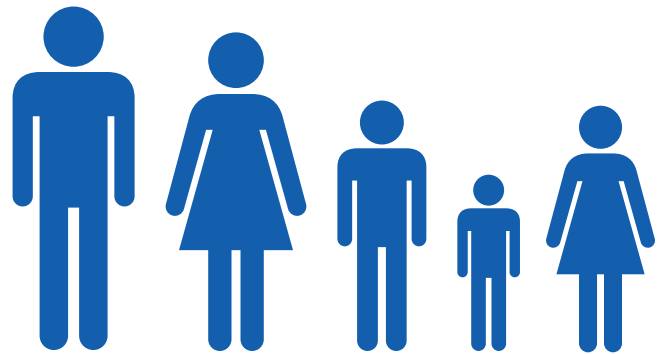
Ask your GP practice or pharmacy
if you think you might need a flu jab.

The flu jab is an injection in your arm.



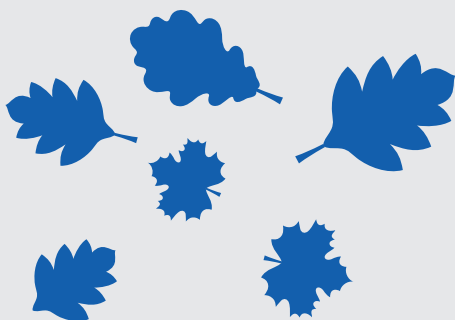


Having a flu jab can help stop you catching flu and passing it on to other people.



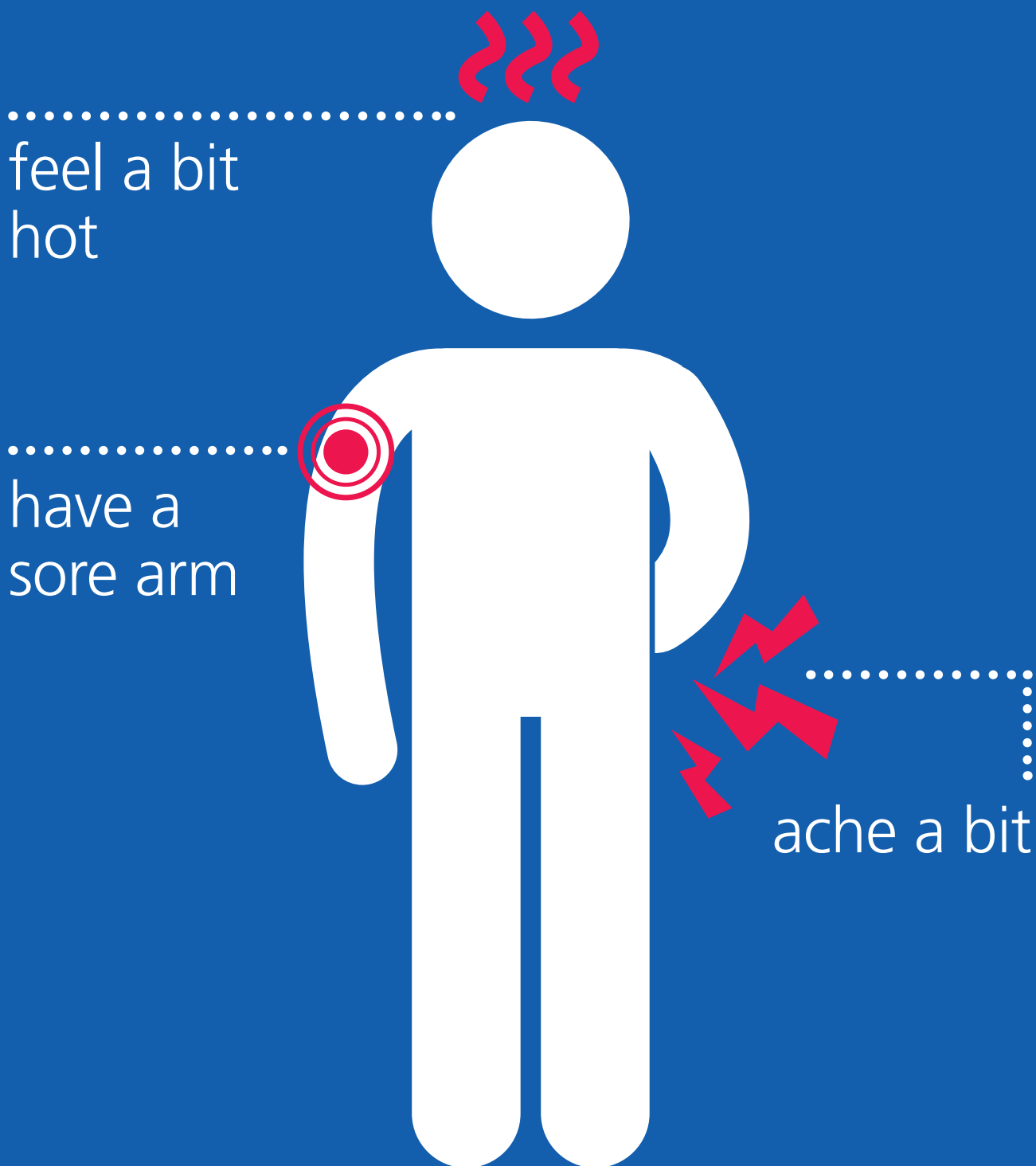
The best time to have a jab is in the **autumn**.

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



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?



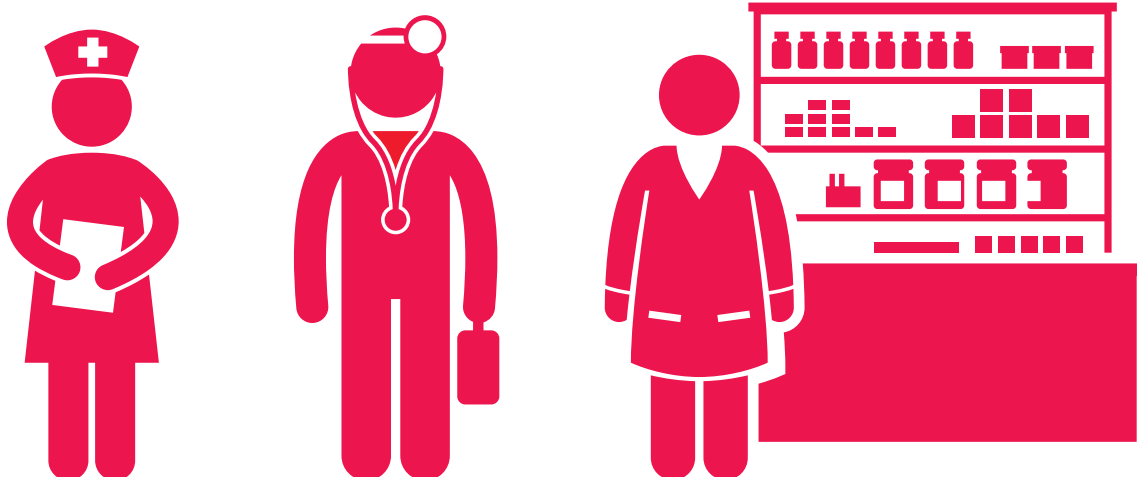
Your doctors should get in touch with you to come in for a jab.

You can also ask your pharmacy for a jab.

If they don't get in touch, you should contact them to arrange to have one.

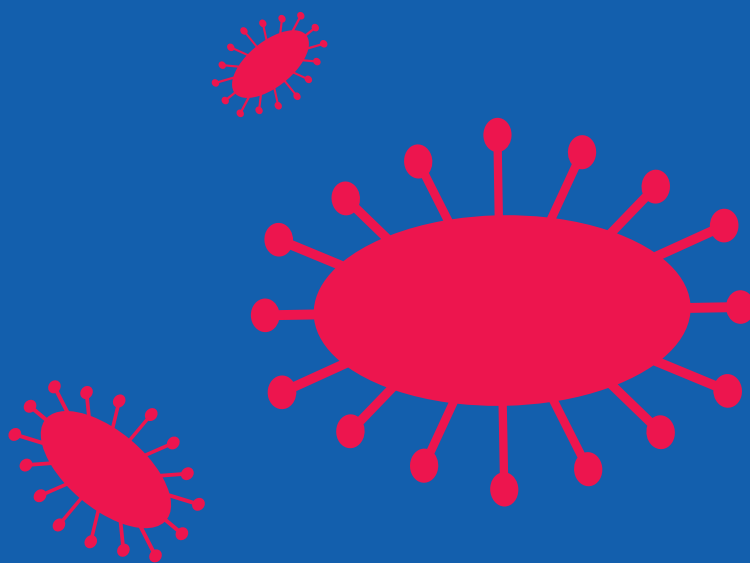
"Hello, can I have a flu jab please?"

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.nhs.uk/flujab





© Crown copyright 2025

Product code: FLU2025STA 1p 10K JUN 2025 (APS)

UK Health Security Agency gateway number: 2024997

More copies of this leaflet can be ordered from:

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

www.nhs.uk/flujab