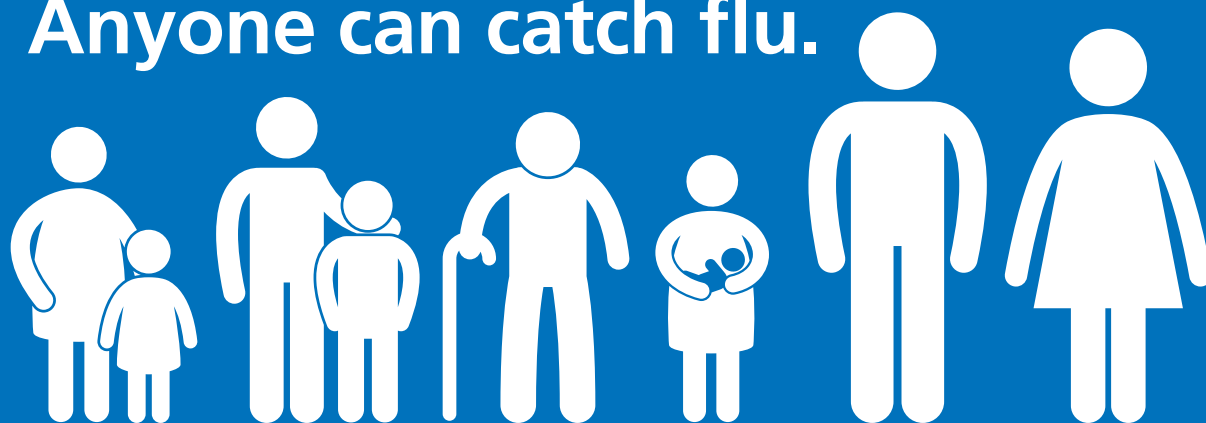


All about flu and how to stop getting it

Simple text version for children



Anyone can catch flu.



Flu is caused by
a bug called a

virus



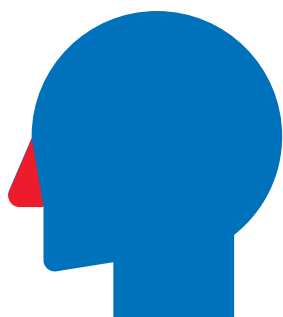
Flu can make
you feel ill.



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



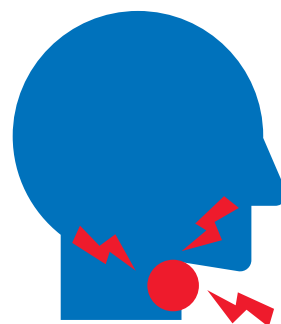
Here are the signs of flu.



blocked up nose



painful ear



sore throat



high temperature



difficulty breathing



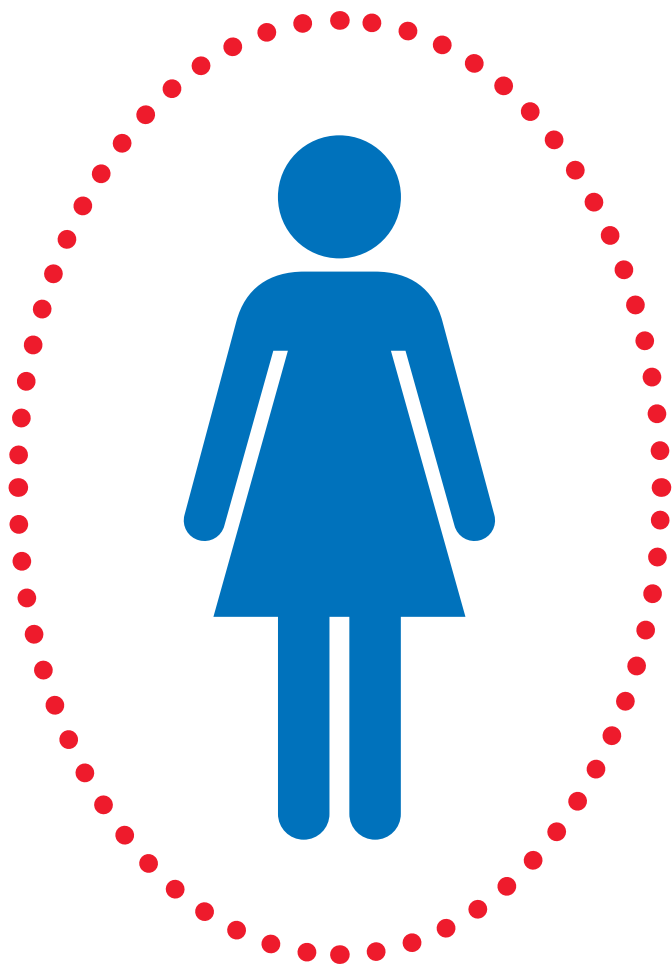
dry cough



tiredness

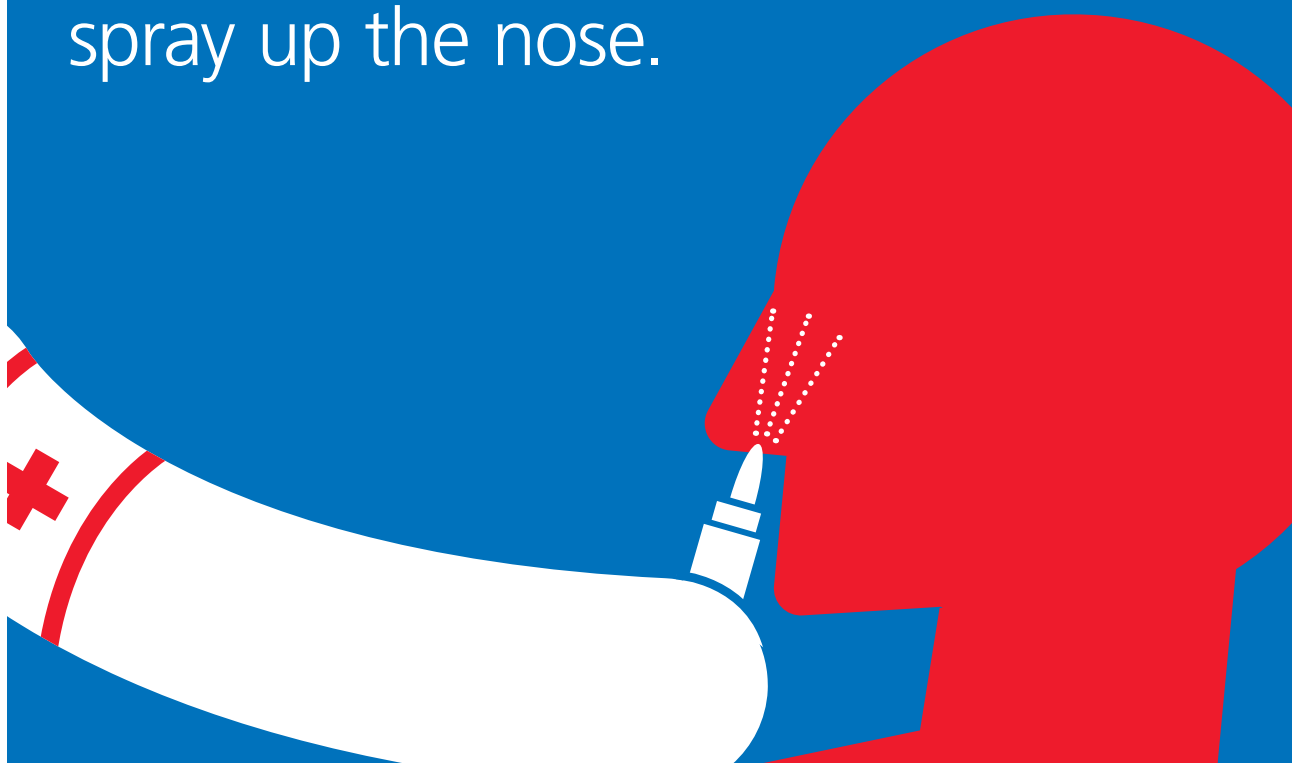


aches



Having a vaccine can help stop you catching flu.

The vaccine is a small spray up the nose.



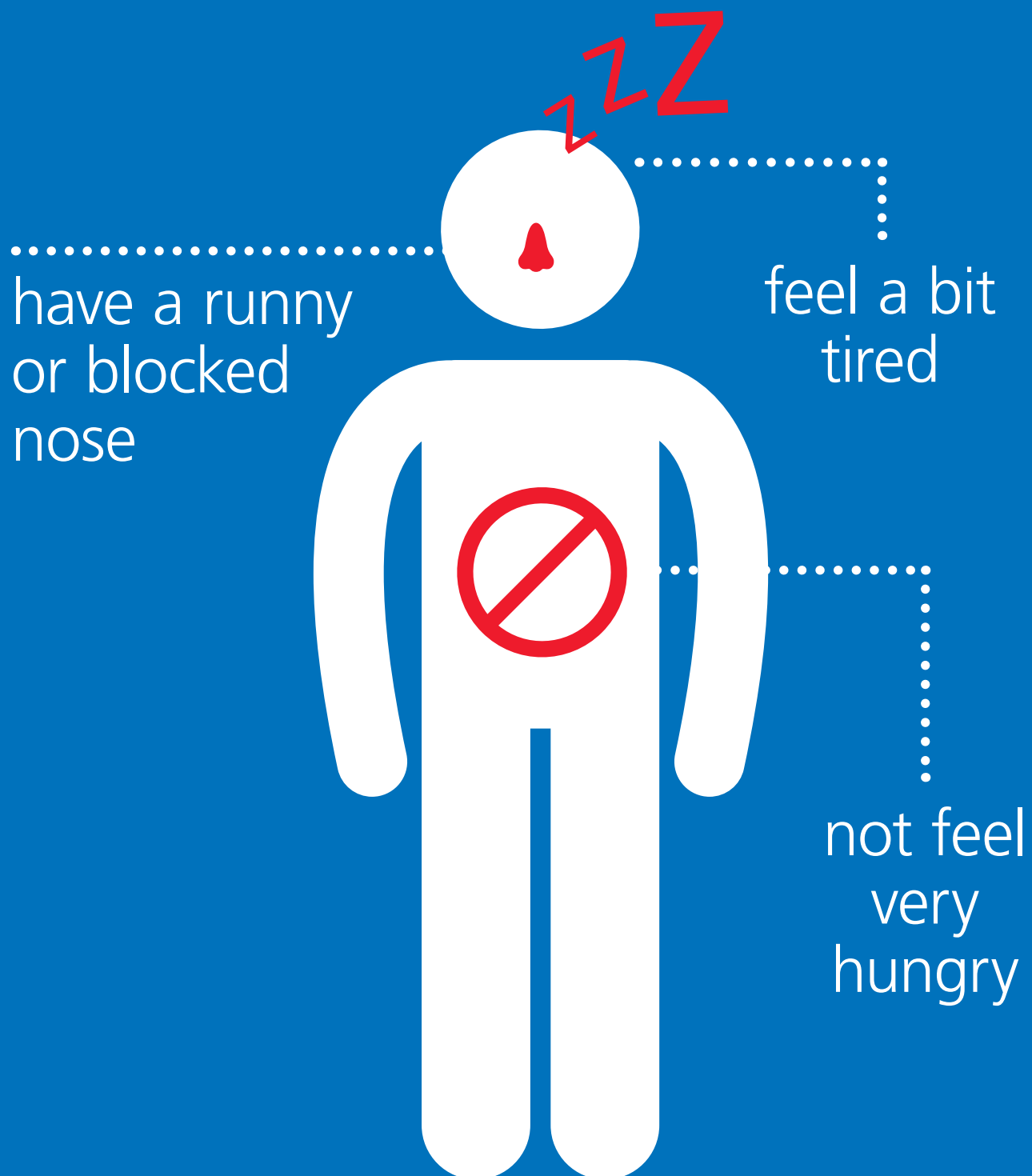
The best time to have a flu spray is in the autumn.

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



Will the jab make me feel ill?

After a flu jab you may:



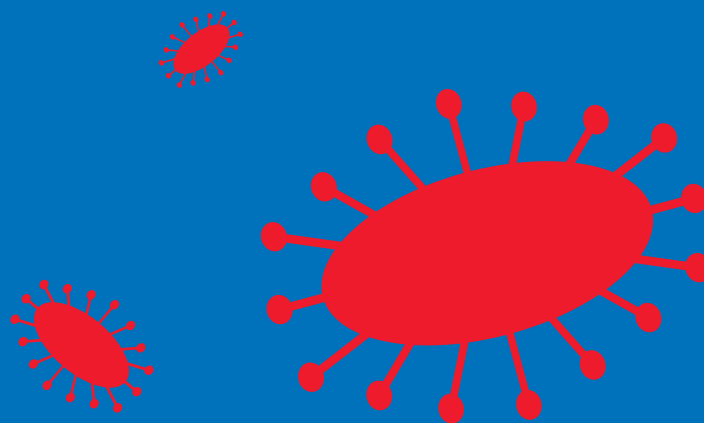
This will go away in a few days.

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





© Crown copyright 2021

Product code: FLU2021STC 1p 75K AUG 2021 (APS)

Public Health England gateway number: 2021449

More copies of this leaflet can be ordered from:

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

www.nhs.uk/flujab