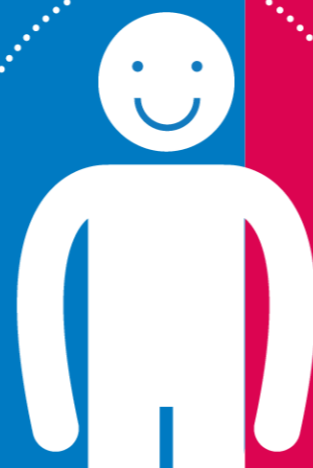


All about Flu... and how to stop getting it!

Did you know that....?

- Anyone can get 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



aches



high temperature



dry cough

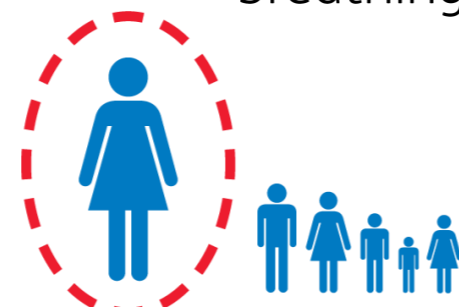


tiredness

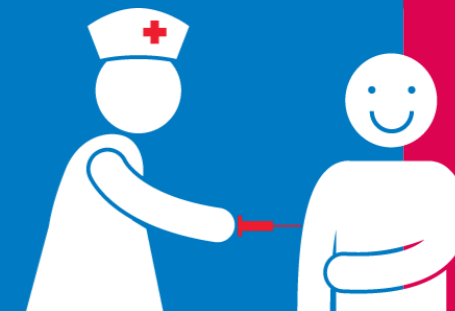


difficulty breathing

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



The flu jab is usually given to you by a nurse at your doctors – and it's free to people with learning disabilities



The best time to have a flu jab is in the autumn and you need to have one every year.

Who else should have a flu jab?



The people who care for you should have a flu jab so they don't get ill

Sometimes getting a flu jab can make you feel a little bit hot or have a sore arm or ache a bit – but don't worry as this will go away in a few days

So then – what do you need to do to get a flu jab?

Your doctors should get in touch with you to come in for one. If they don't get in touch then you should contact them to arrange to have one.



(With thanks to NHS and Public Health England for this information)