

# 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.

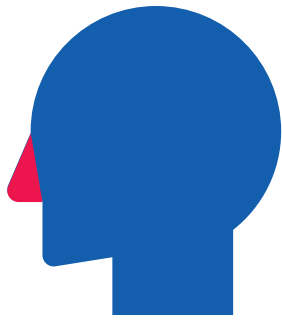


If you are very ill you might  
even need to go to hospital.

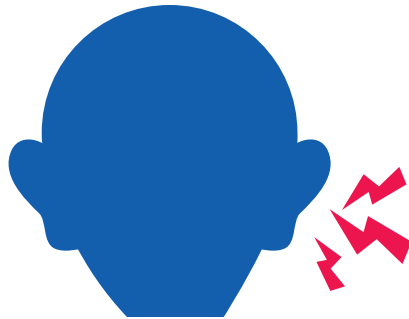


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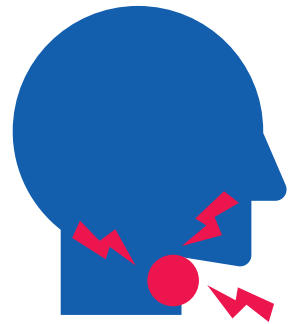
## Here are the signs of flu.



blocked up nose



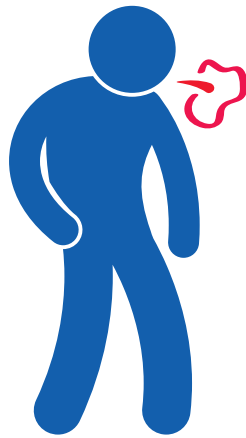
painful ear



sore throat



high temperature



difficulty breathing



dry cough



tiredness



aches

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# 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**

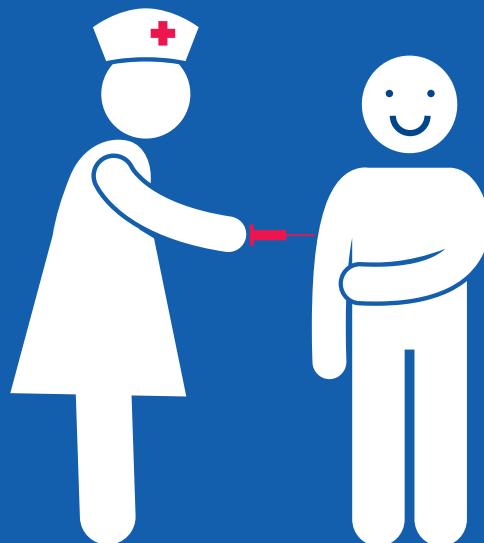


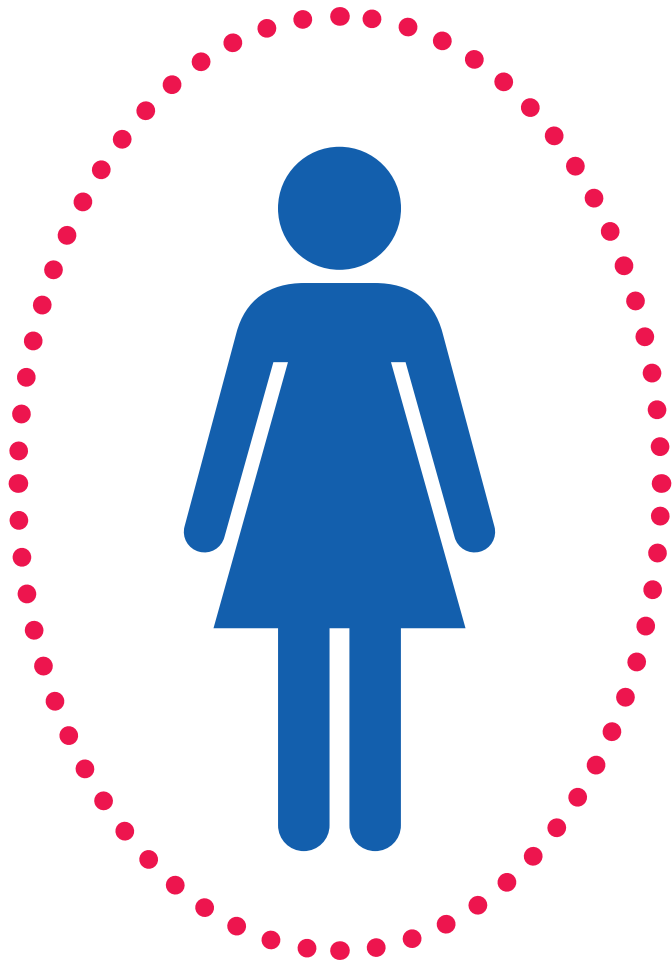
**With a  
health  
condition  
like heart  
disease,  
diabetes  
or asthma**



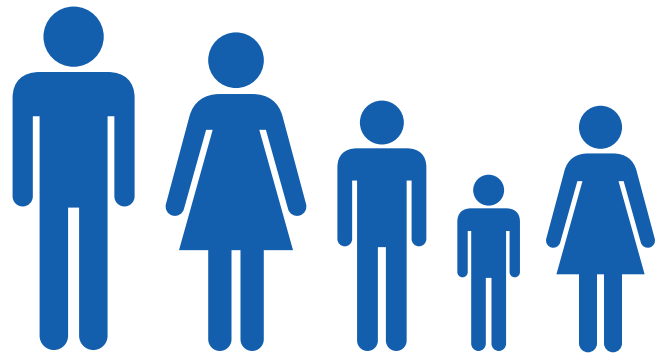
Ask your GP practice or pharmacy if you think you might need a flu jab.

**The flu jab is an injection in your arm.**



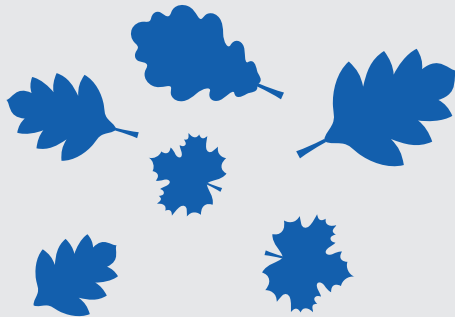


Having a flu jab can help stop you catching flu and passing it on to other people.



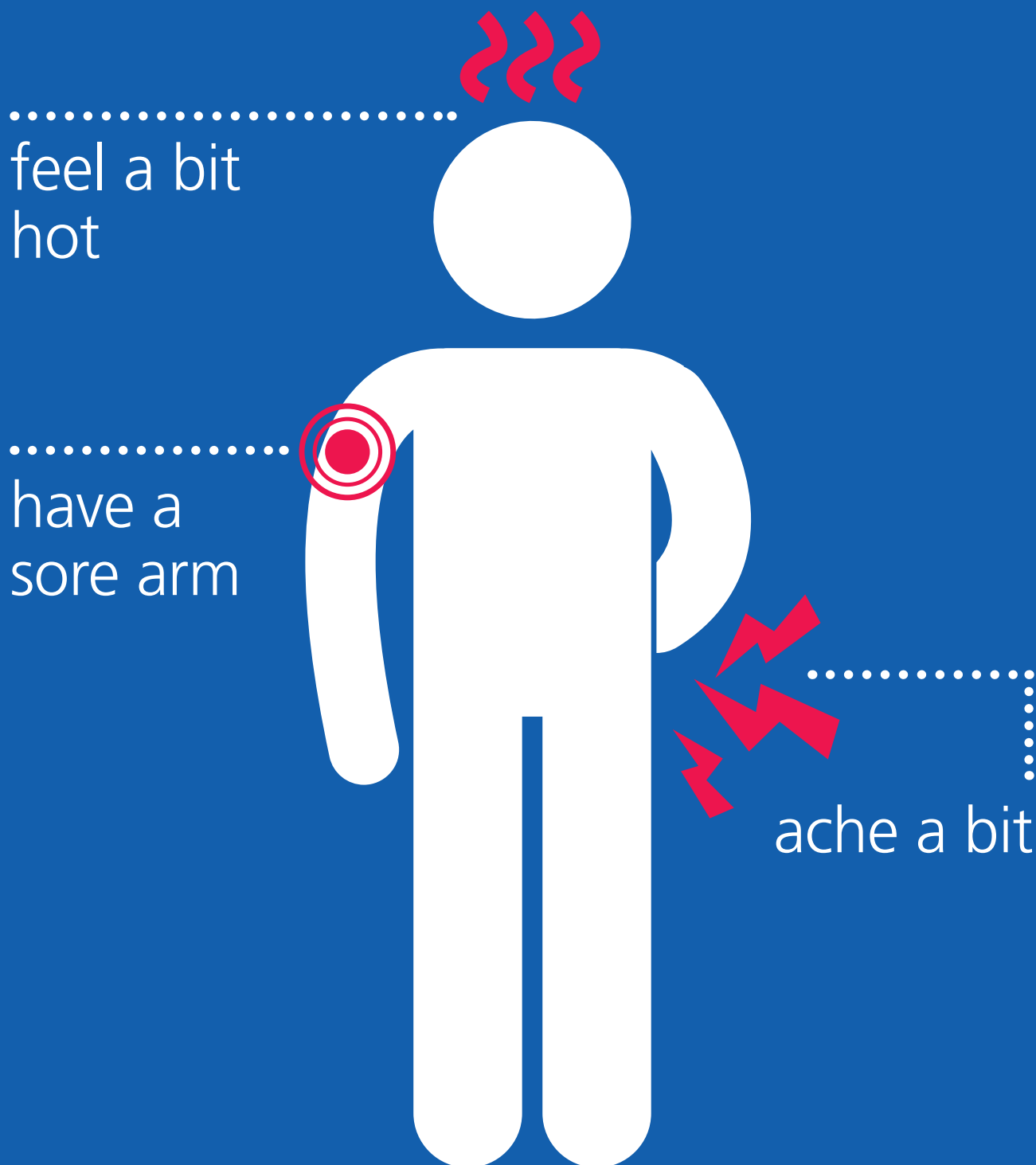
## The best time to have a jab is in the **autumn**.

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.

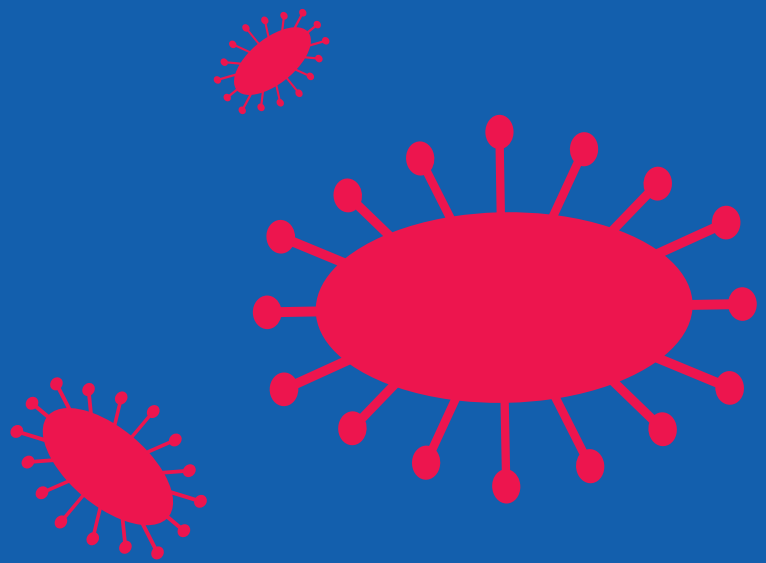
**"Hello, can I have a flu jab please?"**

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





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