



Public Health
England

NHS

To help you stop getting flu:

Information for people with learning disability



EasyRead version

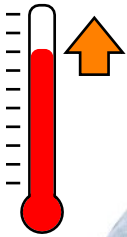


More about flu

Anyone can catch flu. It is caused by a bug called a virus.



It can make you quite ill.



Signs of flu are:

- a high temperature



- blocked up nose



- dry cough



- sore throat



- aches



- tiredness.



Some people with flu find it difficult to breathe or have a very painful ear.



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



When to have a flu jab

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



You need one each year as the flu bugs can change each year.



Will the jab make me feel ill?

After a jab you might have:

- a sore arm



- feel a bit hot



- feel a bit achy.



But these are nothing to worry about and will go away in a day or so.



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.



If they don't you can ask them if you can have one.



How do I find out more?

If you have any questions or want more information, talk to your nurse, doctor or the person in the chemists called a pharmacist.



Or look on the internet:
www.tinyurl.com/NHSfluInfo



Who else should have a flu jab?

Any people who look after you should also have a flu jab so they don't get ill.



Carers can get a free flu jab from their doctors.



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