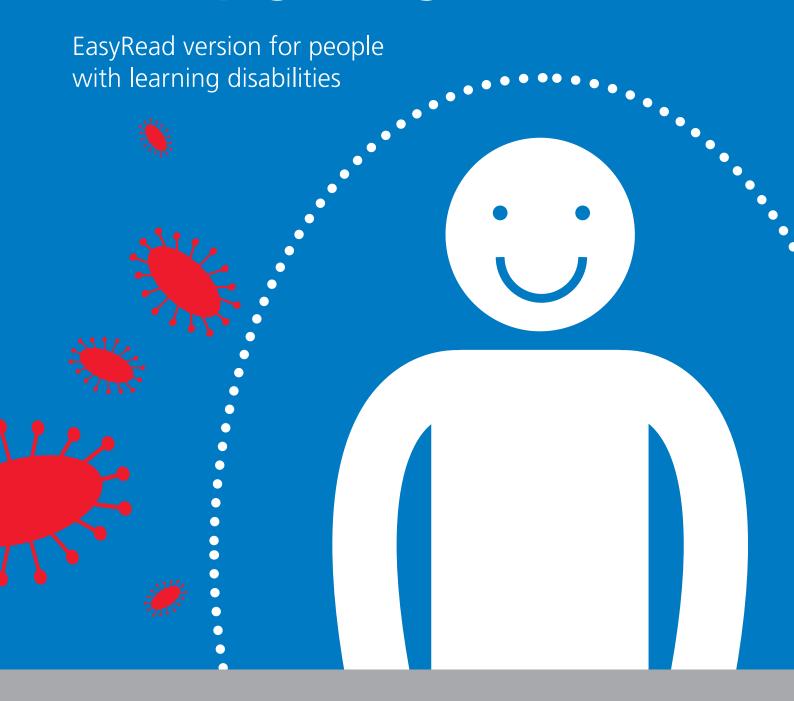
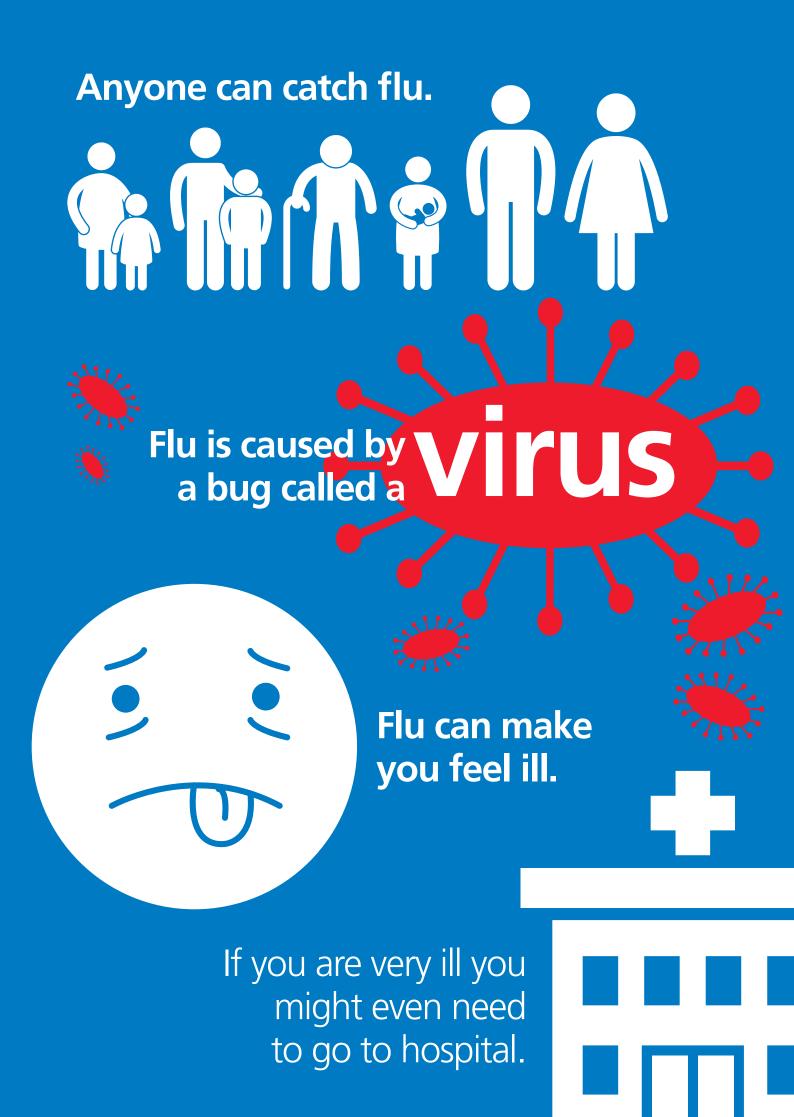




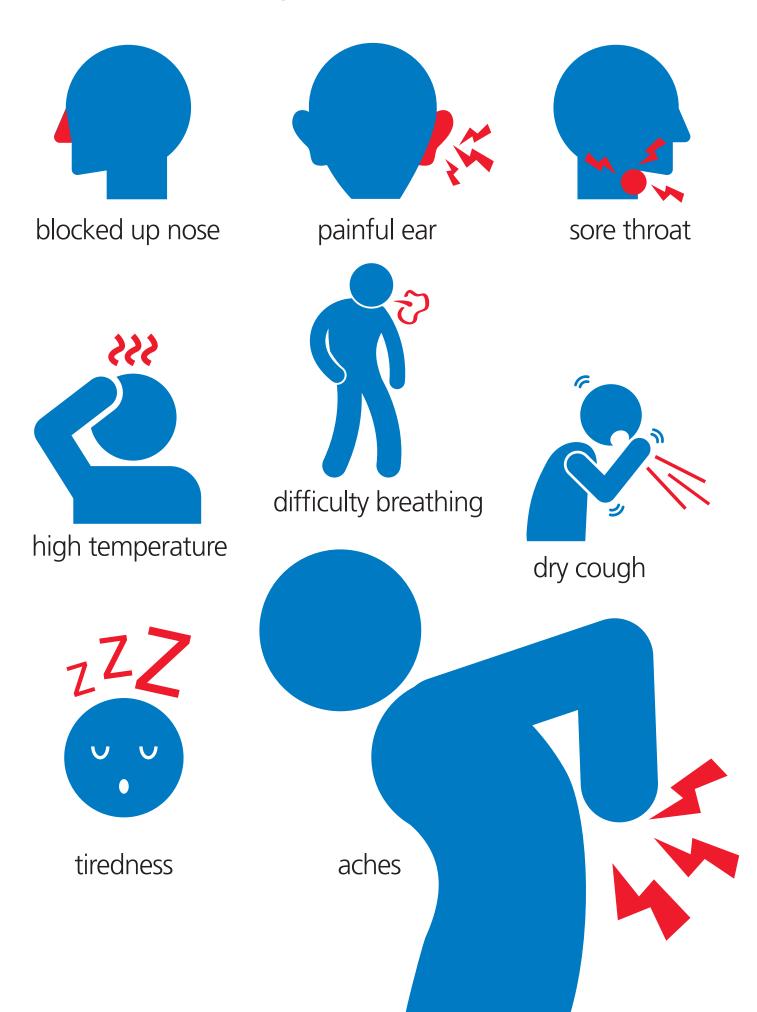
# All about flu and how to stop getting it

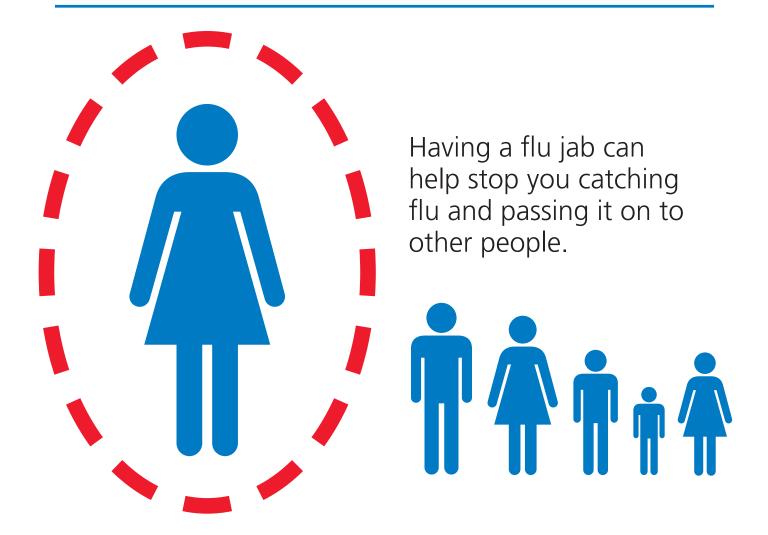


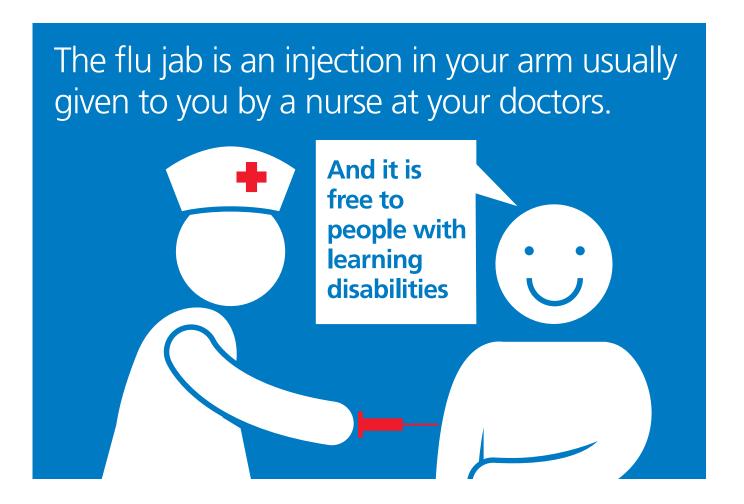


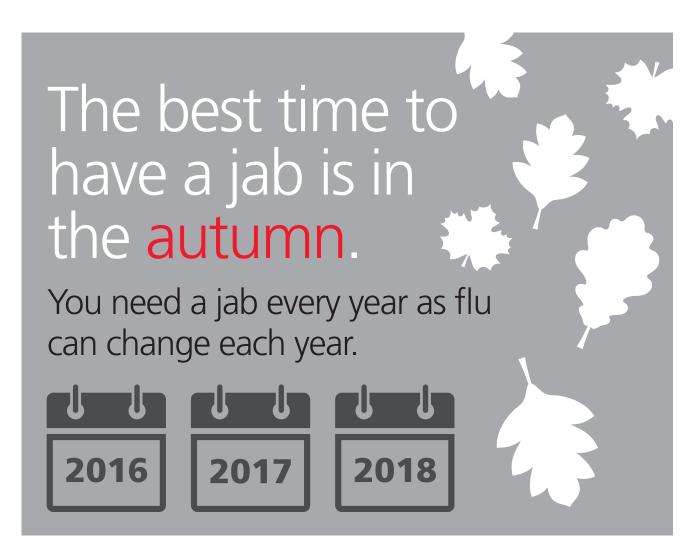


### Here are the signs of flu









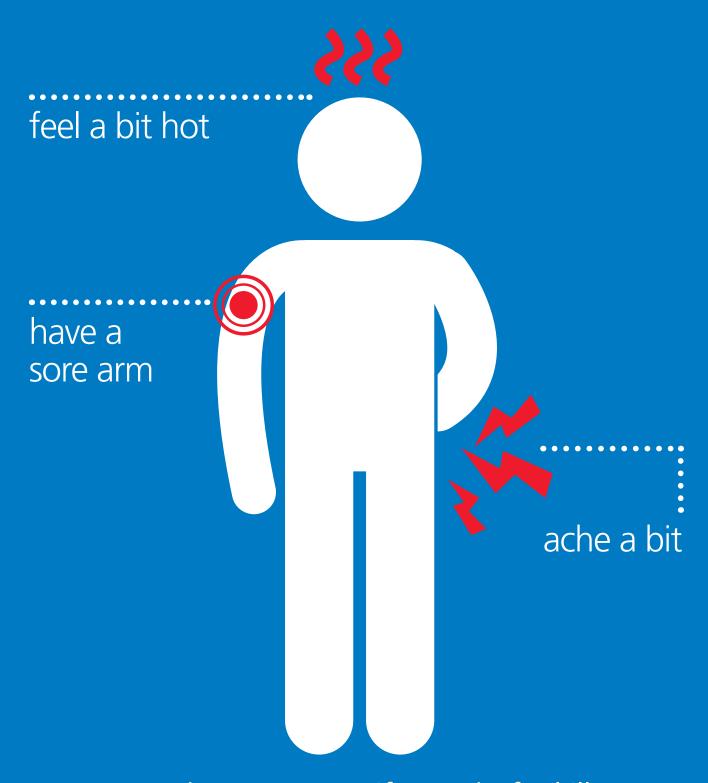
### Who else should have a flu jab?

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



#### 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.

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.tinyurl.com/NHSfluinfo





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