

# All about flu and how to stop getting it

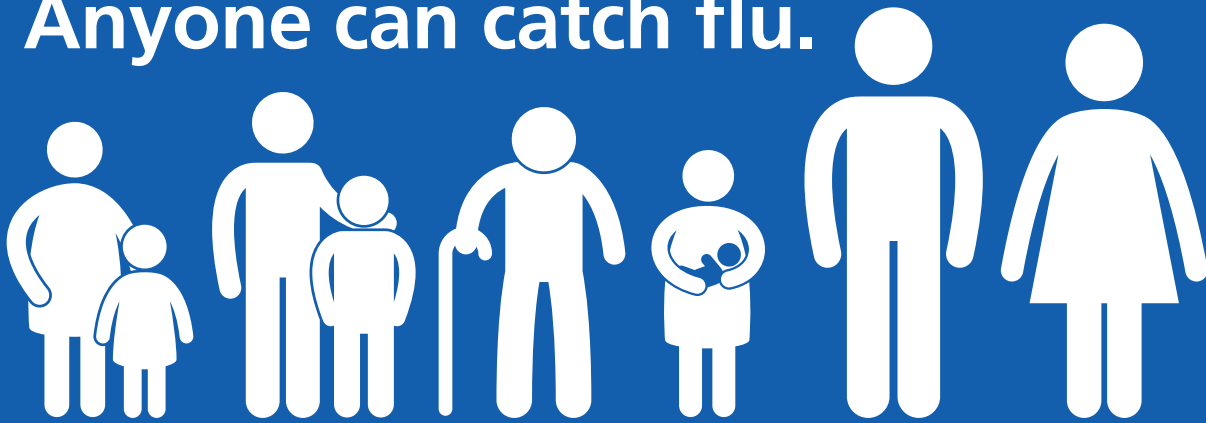
Simple text version for adults



Flu mmunisation

Helping to protect everyone,  
at every age

Anyone can catch flu.



Flu is caused by a bug called a

**virus**



Flu can make you feel ill.

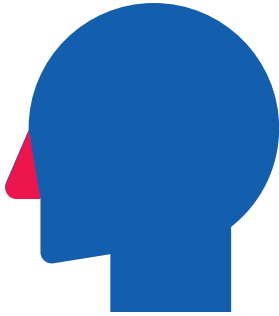


If you are very ill you might even need to go to hospital.

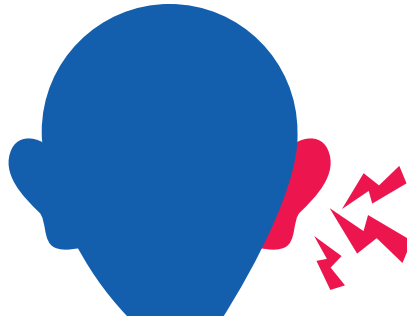


---

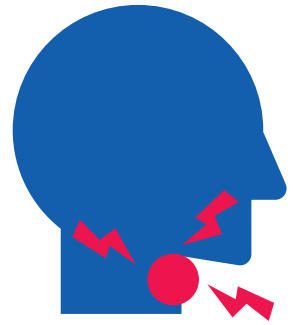
# Here are the signs of flu.



blocked up nose



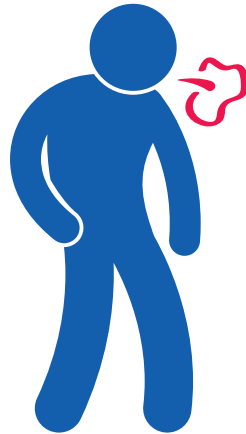
painful ear



sore throat



high temperature



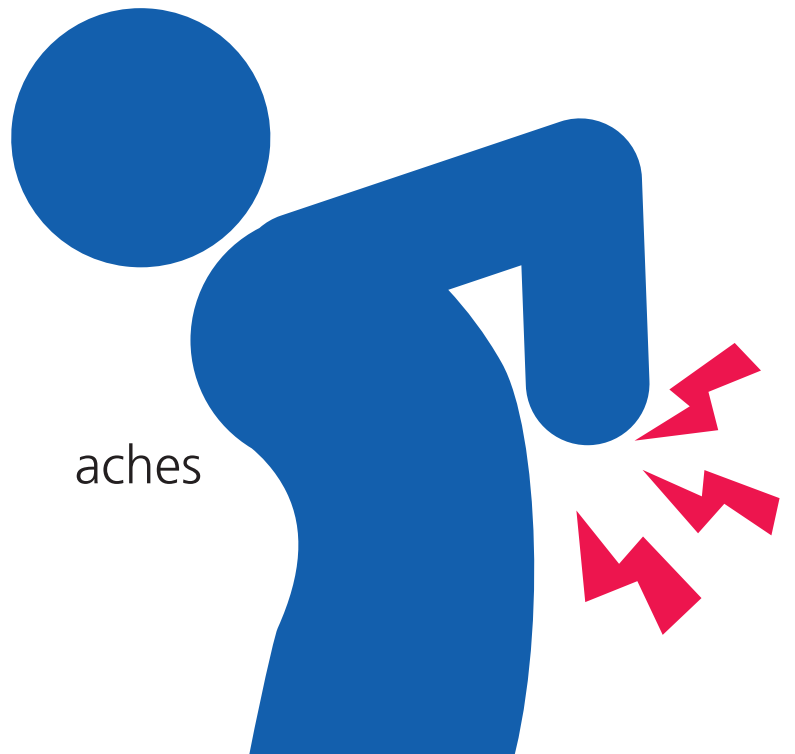
difficulty breathing



dry cough



tiredness



aches

---

# 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**

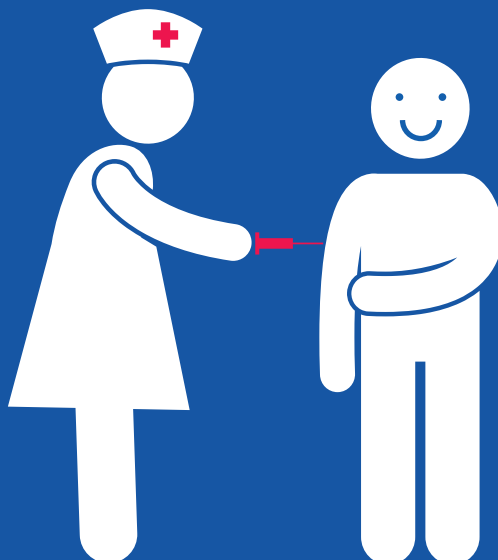


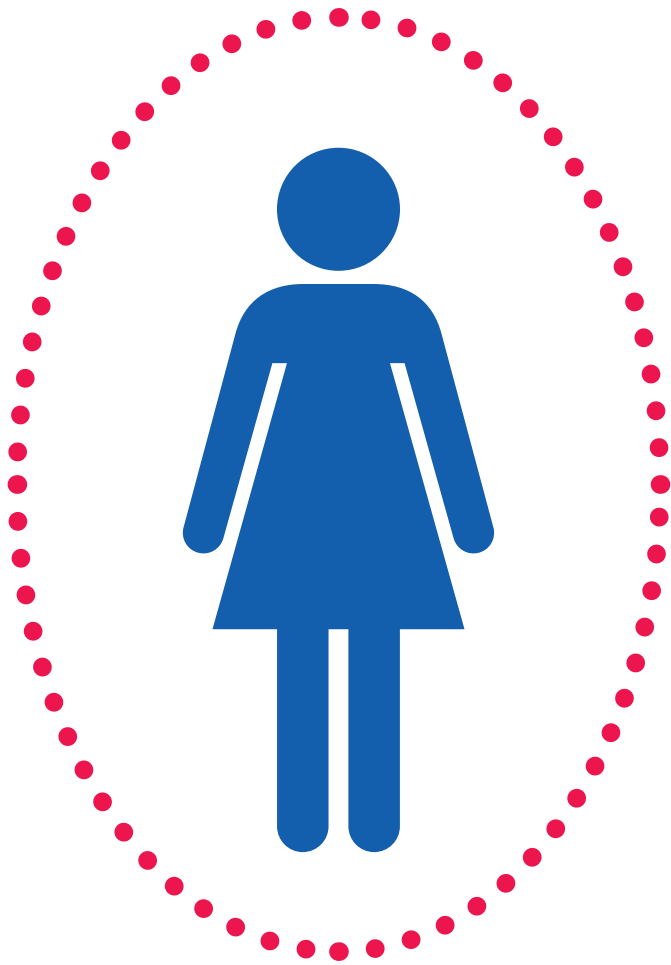
**With a  
health  
condition  
like heart  
disease,  
diabetes  
or asthma**



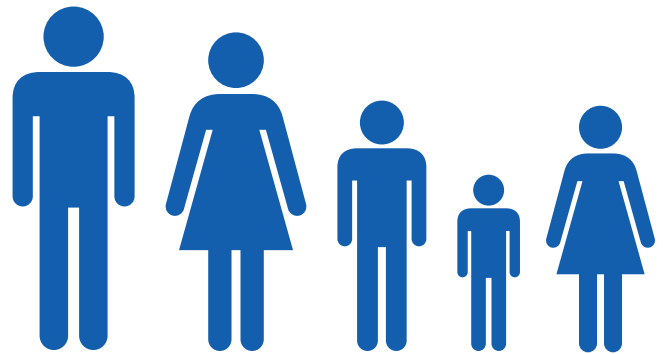
Ask your GP practice or pharmacy if you think you might need a flu jab.

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



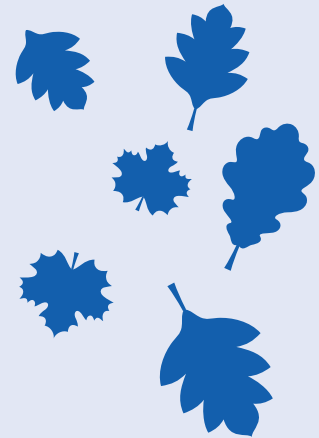


Having a flu jab can help stop you catching flu and passing it on to other people.



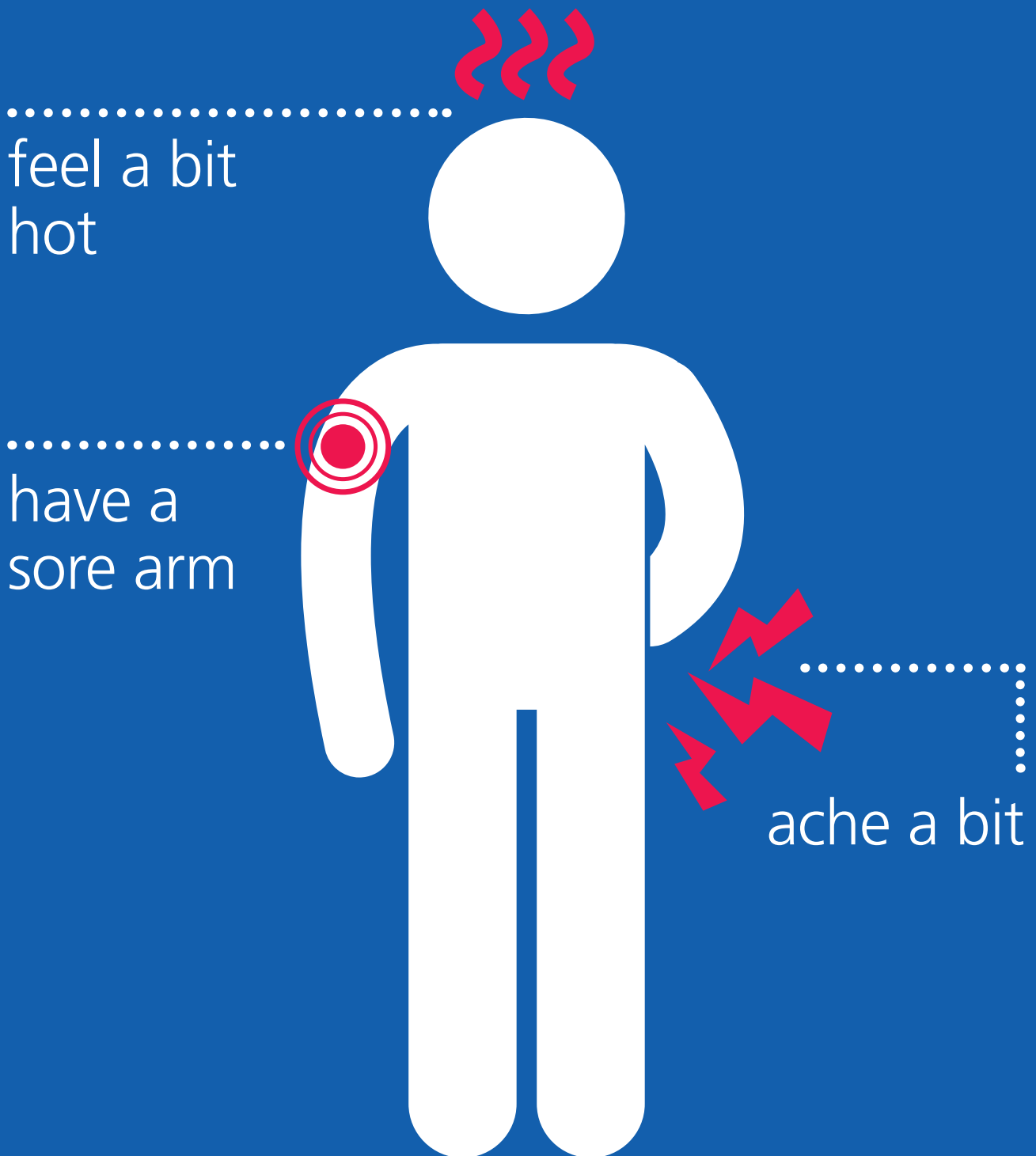
The best time to have a jab is in the **autumn**.

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?



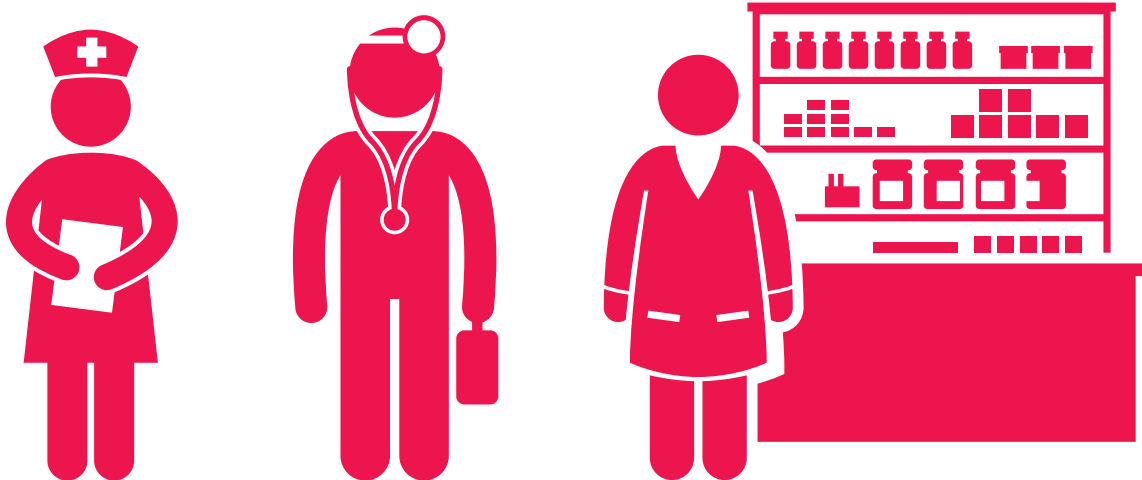
Your doctors should get in touch with you to come in for a jab.

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.

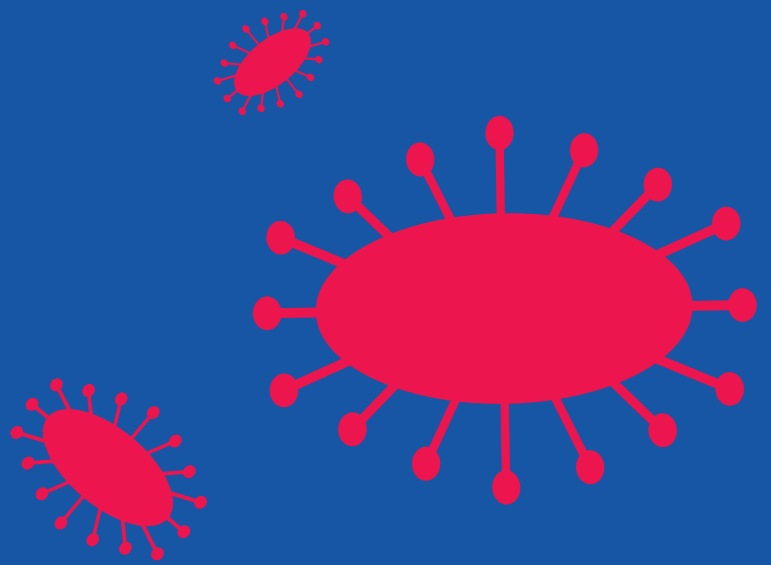
**"Hello, can I have a flu jab please?"**

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.tinyurl.com/NHSfluinfo](http://www.tinyurl.com/NHSfluinfo)





© Crown copyright 2023

Product code: FLU2023STA 1p 75K Jul 2023 (APS)

UK Health Security Agency gateway number: 2023137

More copies of this leaflet can be ordered from the Health Publications website at [www.healthpublications.gov.uk](http://www.healthpublications.gov.uk)

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