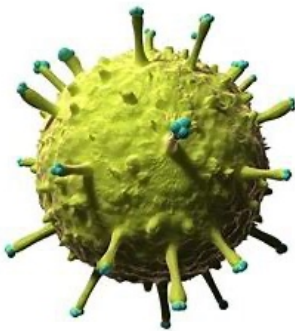




Flu vaccines



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 need to go to hospital

Here are some of the signs of flu

		
blocked up nose	painful ear	sore throat
		
high temperature	difficulty breathing	dry cough
		
tiredness	aches	and more...

Flu vaccines stop people from catching the flu



You need a flu vaccine every year



Some people have an injection in their arm



Some people have a spray in each nostril



A nurse, pharmacist or GP may give you your flu vaccine



You can have a friend, family member or support worker with you

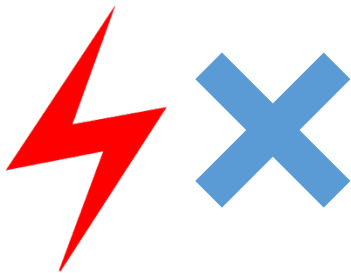
If you have an injection



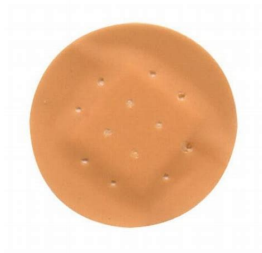
- the needle will be put into your arm near your shoulder



- this will feel like a sharp scratch



- then the needle will be removed - this will not hurt

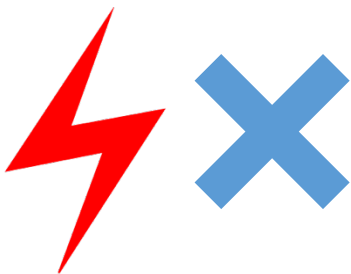
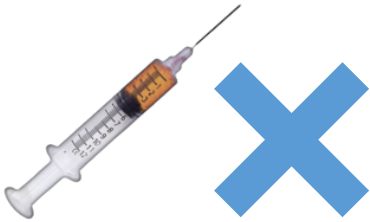


- When the needle is out a small plaster will be put on your arm



- This will stop any bleeding

If you have a nasal spray



- the vaccine is in a syringe
- there is no needle
- The syringe is put into 1 nostril and a spray of vaccine will go up the nostril
- The syringe is then put into the **other** nostril and a spray of vaccine will go up the nostril
- This will not hurt.
- If your nose is runny you can wipe it with a tissue

After your flu vaccine



You may

- feel hot
- have a sore arm
- ache a bit



Don't worry, if you do feel ill, you will feel better in a few days