

# Seasonal Flu



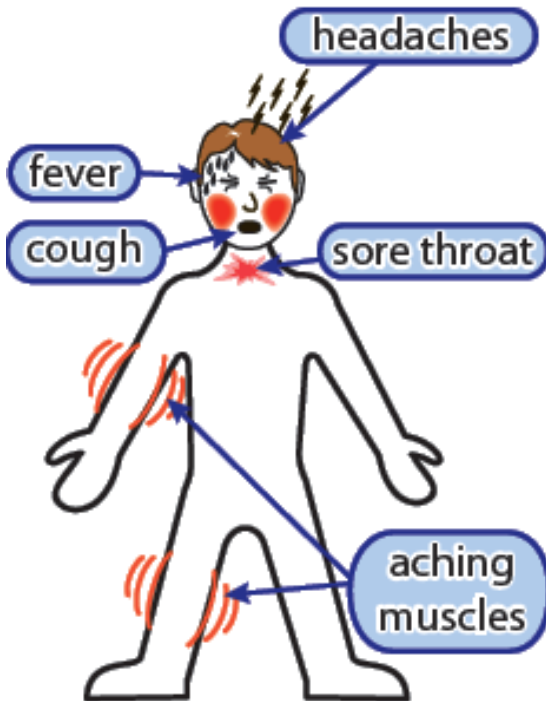
Seasonal Flu is caused by different sorts of germs.

Seasonal flu happens each winter  
Flu spreads very easily from one person to another



It can make you feel very unwell.  
If you are elderly or frail or someone who gets chest infections a lot then this can be a very dangerous illness to get.  
People can die from having flu

## The Signs You May Have Flu



You may feel very hot and sweaty  
(A Fever)

You may feel cold  
and shivery

You may have a Headache

Your body and muscles may ache

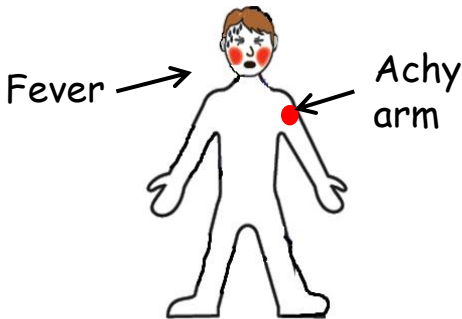
You may have a cough and sore  
throat

You may get a blocked up nose  
like when you have a cold

# What is the "Flu Jab" and How Does it work?



The **Flu jab** is an injection you can have in your arm. It is good to have the injection because it is the best way to protect you against getting really ill with flu. **IF YOU REFUSE TO HAVE AN INJECTION THEN IT CAN BE GIVEN BY A SPRAY IN YOUR NOSE INSTEAD.** The injection is better though.



After you have had the injection you might have a sore arm or feel a bit achy and have a fever for a day or two. This is normal and will go away.

The flu injection **CANNOT** give you the flu.



If you are unwell on the day of your injection then wait until you are better before having the flu jab



A **VERY** few people have a bad reaction to the injection. So **BEFORE** you have the injection talk to the Doctor



If you have been very ill after having a flu jab in the past

or

If you can not eat hen's eggs with out being very ill (Allergic to eggs)