

Flu Vaccines



Flu is an illness caused by germs.

It spreads through coughs and sneezes.

It can make you very ill, especially if you have other health problems.



The main symptoms are:

- Fever, (you feel very hot and sweaty)
- Chills
- Headache
- Aching muscles
- Cough and a sore throat



Your doctor or nurse will give you a flu vaccine every year to protect you.

They give it to you by a jab in your arm.

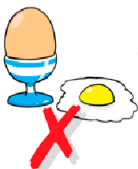


You should get your flu jab in the Autumn before the flu germs come.



You should have a flu jab if you are:

- Over 65
- Live in a care home
- Have a serious medical condition



You should not have a flu jab if:

- You have been seriously ill after a flu jab
- Hen's eggs make you ill
- You have a fever
 - wait until you are better to have the jab.