

# Seasonal Flu



Seasonal flu is caused by different sorts of germs. Seasonal flu happens each winter.

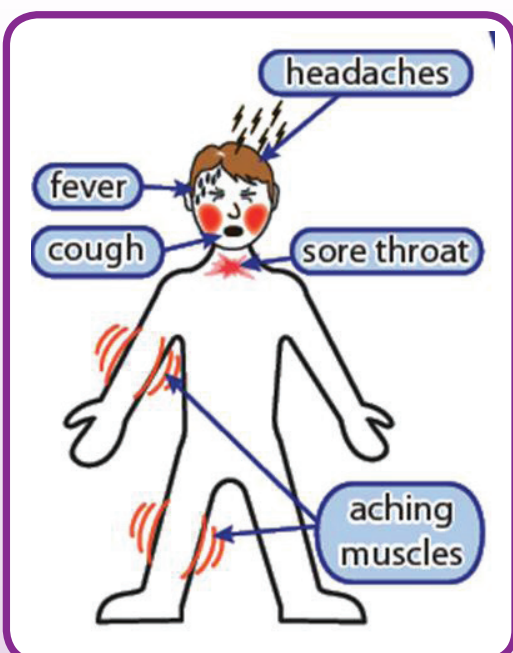


Flu can spread very easily. It can make you feel very unwell.



It is best to have the flu jab in the autumn before the flu germ starts to spread between people.

## The signs you may have flu



You may feel very hot and sweaty (A fever)

You may feel cold

You may have a headache

Your body and muscles may ache

You may have a cough and sore throat

# What is the 'Flu Jab' and how does it work?



The flu jab is an injection given in your arm. It can help your body fight flu germs, protecting you for a year.



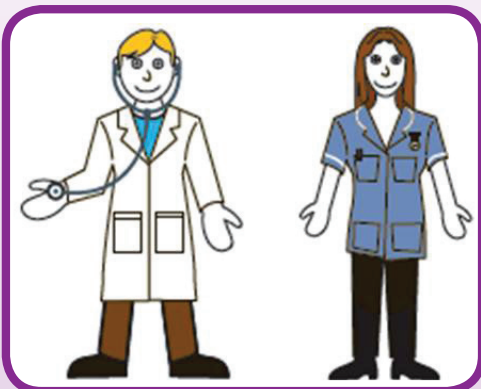
The flu jab is FREE. You can have it if you have:

- A learning disability
- Heart problems
- Breathing problems
- Kidney problems
- Have had a stroke
- Have diabetes
- Or are at risk of infection

You can also have the flu jab if you are over 65 years old or if you live in a care home.



DO NOT have the flu jab if it has made you ill in the past, or if eating eggs makes you feel ill (allergic to eggs).



You can have the flu jab at your GP practice.