



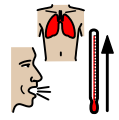
## Winter Flu Vaccine Easy Read

### What is the flu?



illness

Flu is a common **infectious illness** spread by coughs and sneezes. It can be very unpleasant, but you will usually begin to feel better within about a week.



symptoms

Common **symptoms** are: a dry cough, headache, a sudden fever, diarrhoea or tummy pain.



website

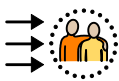
You can find the full list of symptoms on the **NHS website**: [nhs.uk/conditions/flu](https://www.nhs.uk/conditions/flu)

### What is a vaccine?



vaccine

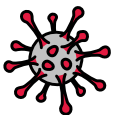
A **vaccine** is a medicine that trains your immune system to fight a virus before it enters your body and makes you ill.



protection

The flu vaccine is the best **protection** we have against viruses that can cause serious illness among the elderly and vulnerable people.

### How is the flu different to coronavirus?



coronavirus

You could have **coronavirus** (COVID-19) if you have the following:



temperature

- A high **temperature**



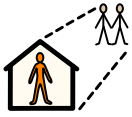
cough

- a new, continuous **cough**



smell

- a loss or change to your sense of **smell** or **taste**



self-isolate

If you think you have coronavirus, you should **self-isolate** and get a test.

### Can the flu vaccine cause flu?



flu

No. The vaccine does not have any live viruses in so does not give you the flu. You may get a slight temperature, and your arm may feel a bit sore where you had the injection.

### I had a flu vaccine last year do I need one again?



change

Yes. The virus can **change** every year so you will need to have a new one to make sure you are protected.

### Who can I contact to get a vaccine?



doctor

You can speak to your **doctor (GP)** who will be able to tell you what you need to do.



help

If you do not know who your doctor is or need **help**, then ask your support worker.