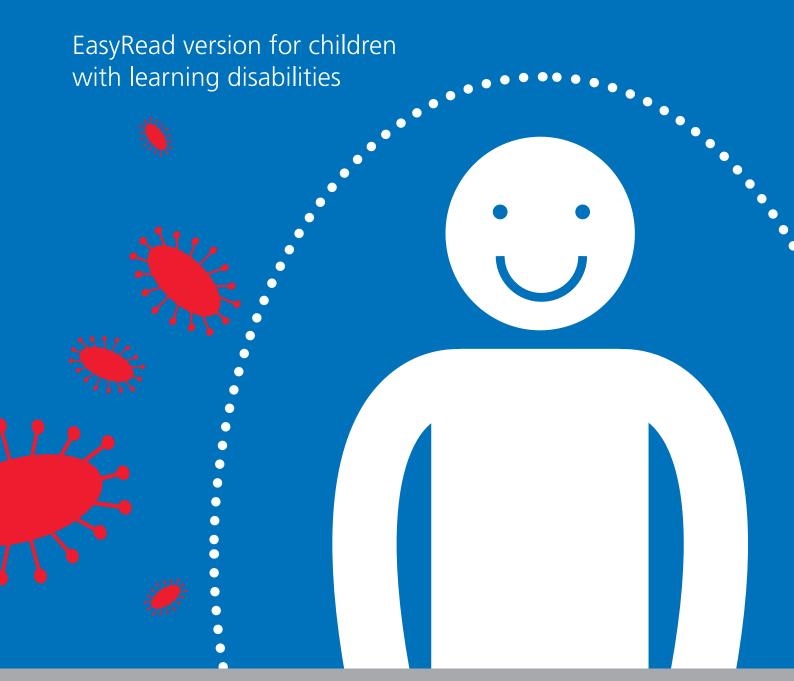




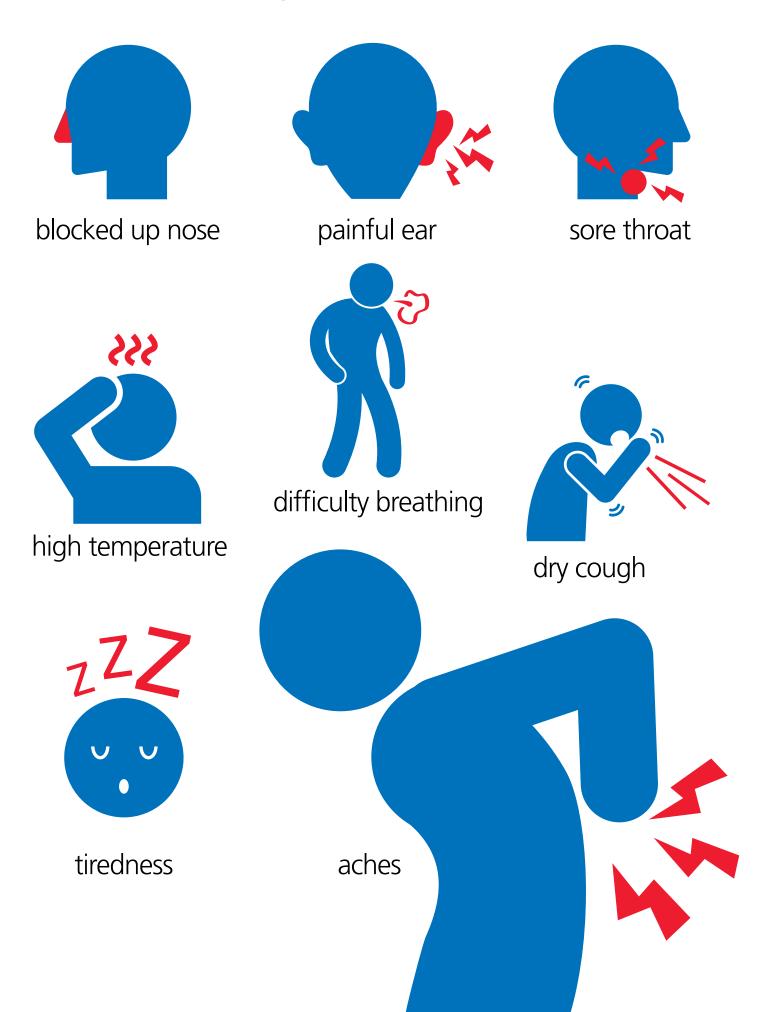
All about flu and how to stop getting it

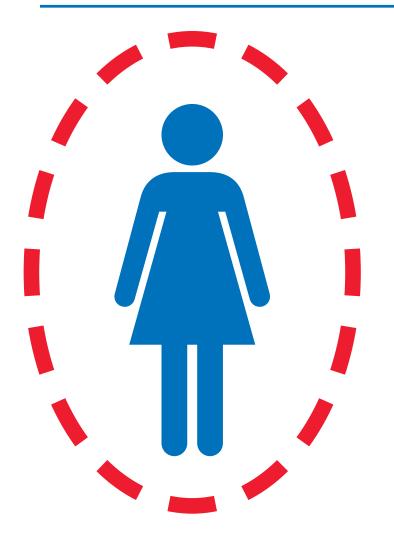




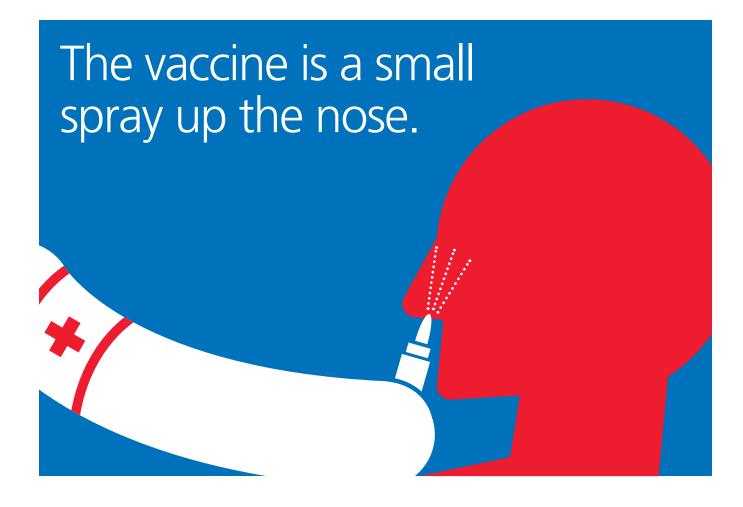


Here are the signs of flu





Having a vaccine can help stop you catching flu.





You need a flu spray every year as flu can change each year.

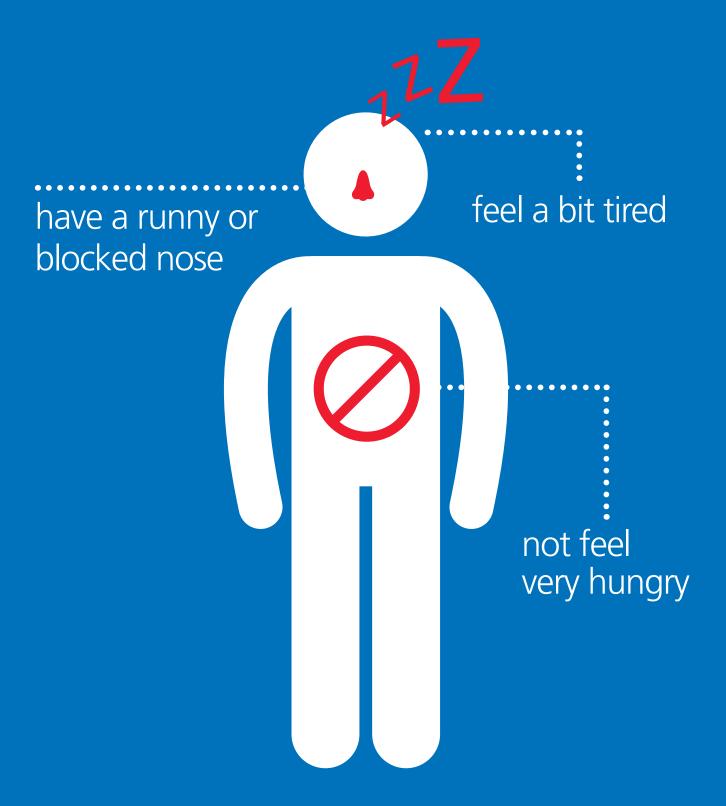






Will the flu spray make me feel ill?

After the flu spray you may:



This will go away in a few days.

If you have any questions or want more information, talk to your school nurse.



You can also find information online at www.tinyurl.com/NHSfluinfo





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