

## Stop it spreading



Catch it



Bin it



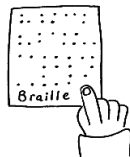
Wash your hands



# Flu Vaccination



This leaflet is available in other languages or formats



For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).  
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**This leaflet tells you about having the flu vaccination**



This leaflet tells you about having the flu vaccination and why it is really important.

The flu vaccination is sometimes called other names.

It is sometimes called the flu jab or the flu injection.



Having the flu vaccination is really important in the winter when it is cold and wet.

This is when we can get bad colds and flu.

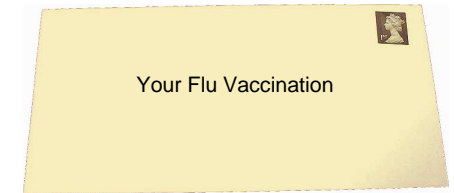
Bad colds and flu can make us cough and sneeze.



Bad colds and flu can make us ill.

The best time to get the flu vaccination is in October and November.

You will get a letter from your doctors surgery.



This letter will tell you when to get your flu vaccination.



The nurse at your doctors surgery will give you your flu vaccination.

The nurse will give you an injection in your arm.

Some people are frightened of injections and needles.

Tell the nurse if you are frightened and she will talk to you and help you.



Having the flu vaccination is really important to make sure that you stay healthy and well.