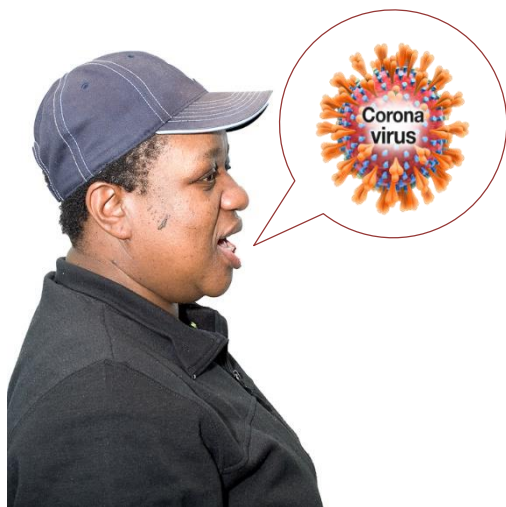


# Stopping Flu

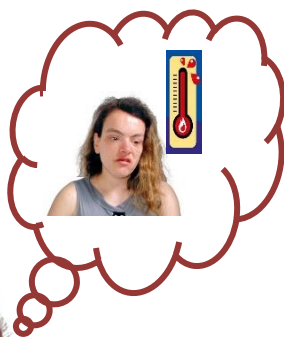


At This Time Of Year

# Stopping Flu

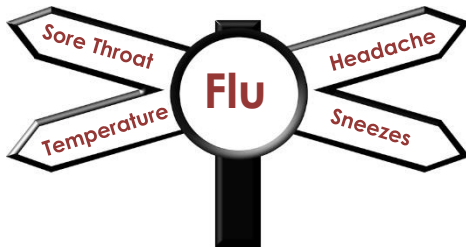


All the talk this year  
is about **Coronavirus**



But let's not forget about  
the **Flu** that's around  
every year at this time

# Stopping Flu



Some signs of **Flu**:



- Headache, sore throat, high temperature



- Aches and pains



- Coughs and sneezes

# Stopping Flu

**NHS**



Your doctor can help stop the flu **Now** before it happens



Flu jabs are **Free** at the doctors or chemist for:

- People with a learning disability
- Their carers
- Autistic people who have heart or breathing problems



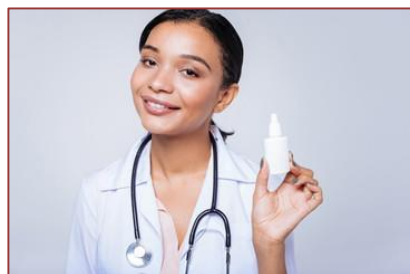
# Stopping Flu



Don't like **Needles?**



Talk to the doctor or nurse



You **might** be able to have it by nose spray



# Stopping Flu



Make an appointment  
today



Keep well this  
Winter

