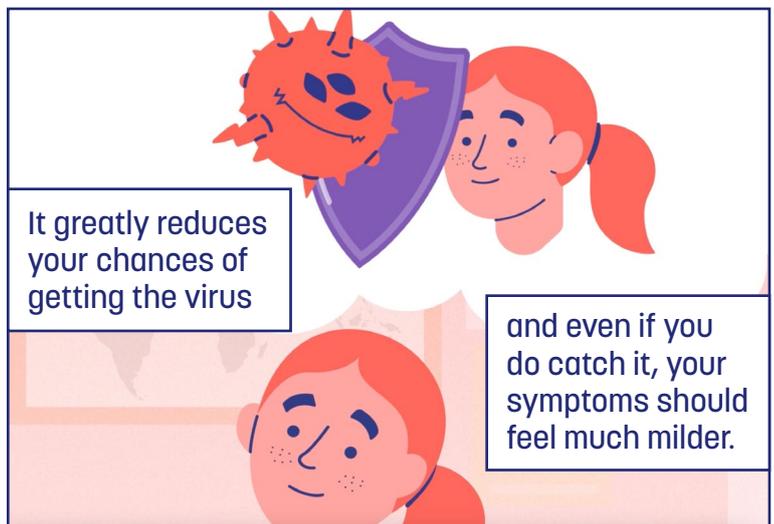
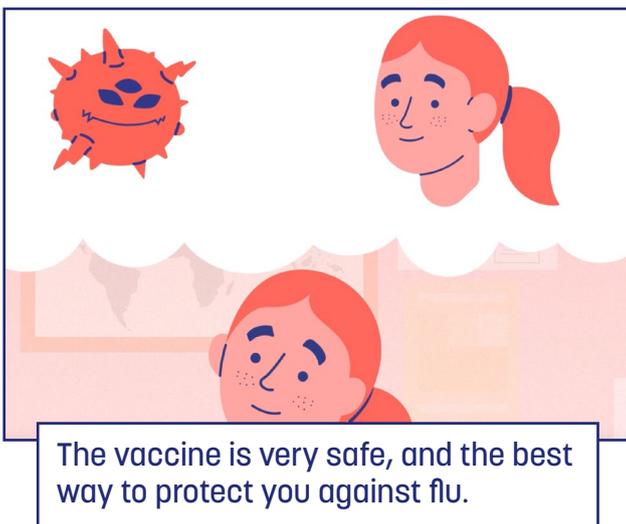
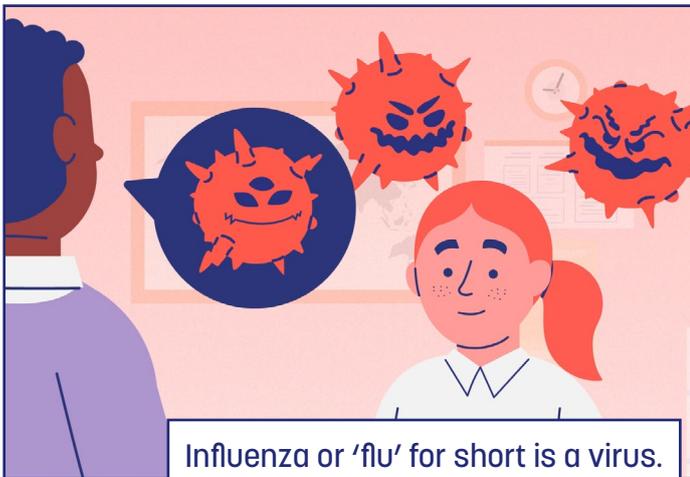
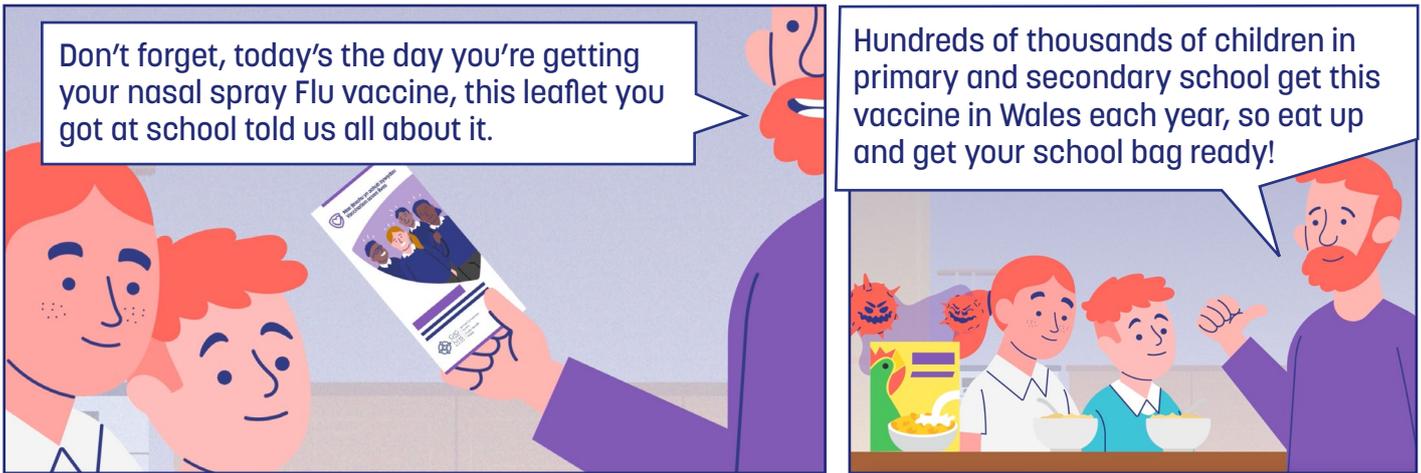




What is the Flu vaccine?



Getting the vaccine also reduces the chances you'll spread the virus to others at higher risk of being seriously ill if they get flu.

It will be offered to you each year because the virus is constantly changing.

We all know getting the flu isn't fun, but it could also cause complications

like bronchitis, pneumonia and ear infections.

In some cases, you could become so unwell you may need to go to hospital.



But the flu vaccine helps to prevent any of that from happening, so let's see how the vaccine is given.

You'll have time to take information home and discuss with a parent or guardian.

The nurse will only give you the nasal spray vaccine if they have consent to do so.



On the day the nurse will check if you're good to go and then the vaccination is given by a couple of quick, painless sprays up the nose.

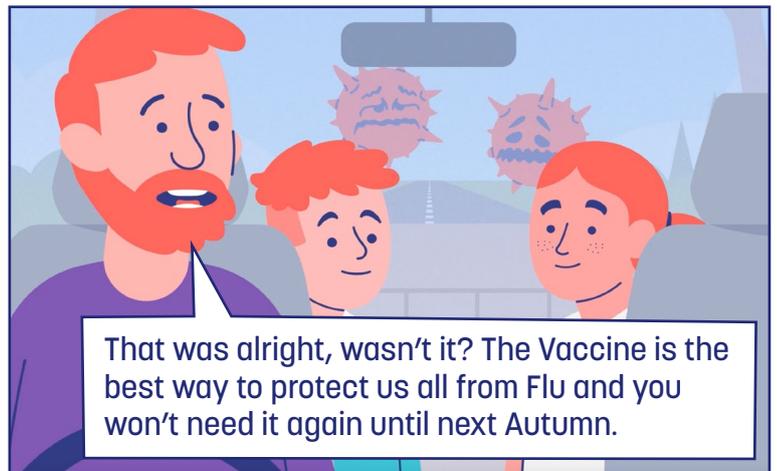


This might feel a bit funny, but it's over in just a few seconds!

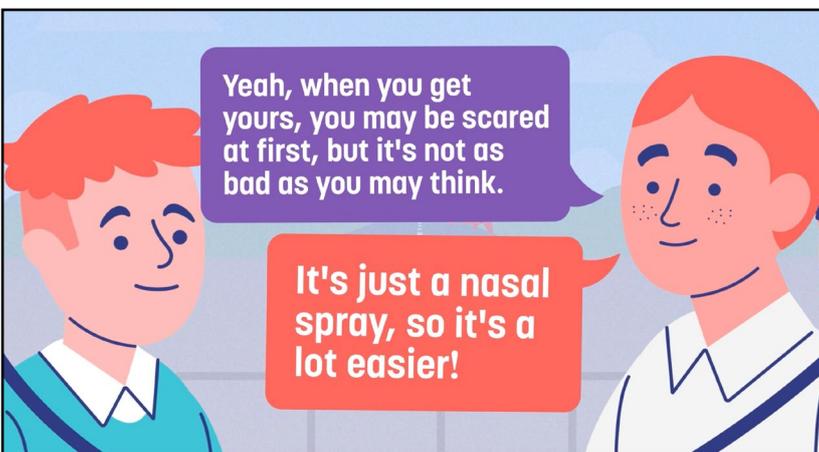
Afterwards, you may experience some side effects, like tiredness, a headache



or a runny or blocked nose, but they shouldn't last long.



That was alright, wasn't it? The Vaccine is the best way to protect us all from Flu and you won't need it again until next Autumn.



Yeah, when you get yours, you may be scared at first, but it's not as bad as you may think.

It's just a nasal spray, so it's a lot easier!

Why not share what you've learned about the Flu and the Flu vaccine with your parents or guardian by showing them this or they can read more by going to the Public Health Wales website.

Join hundreds of thousands of people who have their Flu Vaccination across Wales. Talk to your parent or guardian about protecting your health today!

phw.nhs.wales/flu vaccine

