

## Seasonal Flu

Influenza, also known as the flu, is a contagious disease that is caused by the influenza virus. It attacks the respiratory tract in humans (nose, throat, and lungs). The flu is different from a cold. Influenza usually comes on suddenly and may include these symptoms:

- Fever
- Headache
- Tiredness (can be extreme)
- Dry cough
- Sore throat
- Nasal congestion
- Body aches

These symptoms are usually referred to as "flu-like symptoms."

### What You Should Do If You Get the Flu

- Rest
- Drink plenty of liquids
- Avoid using alcohol and tobacco
- Take medication from the chemist to relieve the symptoms of flu

Influenza is caused by a virus, so antibiotics (like penicillin) don't work to cure it. The best way to prevent the flu is to get an influenza vaccine (flu jab) before the flu season starts.

### Will I need a Flu Jab?

**Anyone who is likely to develop complications should be immunised. If you:-**

- **Are over 65 years of age**
- **Have chronic chest problems**
- **Have asthma**
- **Have heart or kidney disease**
- **Have liver disease**
- **Have diabetes**
- **Have lowered immune system**
- **Are a Carer of a relative or friend or work in a residential or nursing home.**
- **Are pregnant**

**The doctor or practice nurses will advise you on your need for a Flu Jab. Check if you are unsure.**

**MAKE AN APPOINTMENT WITH THE PRACTICE NURSE OR VISIT  
ONE OF THE NEW WALK-IN FLU CLINICS**