



Spreading the News



16th September 2024

In Spreading the News this month ...



Let's Stop Winter Flu



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Flu ... some facts

Page 3



Book your Flu Jab

Page 5



I don't like needles

Page 6



Other things you can do ...

Page 7



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NHS



Winter Flu ... some facts



Fact 1:

- You are most likely to catch Flu ...

December - January



- Just when you want to be celebrating ...

Christmas and New Year



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Fact 2:



- You are less likely to catch Flu ...



- If you have had a Flu Jab



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Book your Flu Jab



- Your GP will be offering Flu Jab appointments from the beginning of October



- You can book your appointment **NOW**



- This includes ...
People with a Learning Disability

- Carers



- Autistic people who have heart or breathing problems



I don't like needles



- Lots of people do not like needles ...

Your doctor will understand this



- You may be able to have a spray up your nose ...



- Talk to your doctor



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Other things you can do ...



Here are some other things you can do to help stop Winter Flu



- Use a tissue if you sneeze



- Put the tissue in the bin straight away



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- Wash your hands with soap and water ...
If you have been sneezing
If you have been out



- If you have a high temperature ...



- Or you are feeling unwell



- Try to stay in home and avoid contact with other people



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Let's stop Winter Flu
this year and ...

keep well