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| Your Flu & Covid vaccination | |
| C:\Users\Jennifer.Pratt\Desktop\Flu vaccine\flu.png | Flu and covid is an infection that can make people feel **really poorly** |
| C:\Users\Jennifer.Pratt\Desktop\Flu vaccine\symptoms.PNG | The symptoms can be:  **High temperature – feeling hot**  **Aching body**  **Headache**  **Sneezing** |
| C:\Users\Jennifer.Pratt\Desktop\Flu vaccine\family and friends spread.PNG | The vaccination is available to you **now**  If you are vaccinated it will protect you and keep you safe  It will also stop you from  spreading it to your family and friends |
| C:\Users\Jennifer.Pratt\Desktop\Flu vaccine\free.PNG | The vaccination is free |
| C:\Users\Jennifer.Pratt\Desktop\Flu vaccine\injection.PNG | The vaccination is given as an injection that goes into your arm |
| C:\Users\Jennifer.Pratt\Desktop\Flu vaccine\spray or needle.PNG | If you do not like needles and are scared then you can have a nasal spray instead for the flu vaccine  It is up to you so **don’t worry** |
| C:\Users\Jennifer.Pratt\Desktop\Flu vaccine\spray.PNG | The nasal spray goes **into the nose** and is easy and very quick to have |
| C:\Users\Jennifer.Pratt\Desktop\Flu vaccine\anxious.PNG | If you are anxious or worried **it is very important** that you tell your Doctor |
| C:\Users\Jennifer.Pratt\Desktop\Flu vaccine\ring.PNG | Ring your Doctors surgery and tell them you are worried  Or you can ask a friend or carer to ring for you |
| C:\Users\Jennifer.Pratt\Desktop\ambulance-health-advisor-1.png | The Receptionist will talk to you to find out what they can do to help you  This may mean you can have your injection or nasal spray at a special clinic  Or the Doctor or Nurse may come to your house |