



Flu (Influenza) Vaccine Easy English Guide

This guide explains:

- What is the flu
- How can you stop the flu spreading
- The flu vaccine

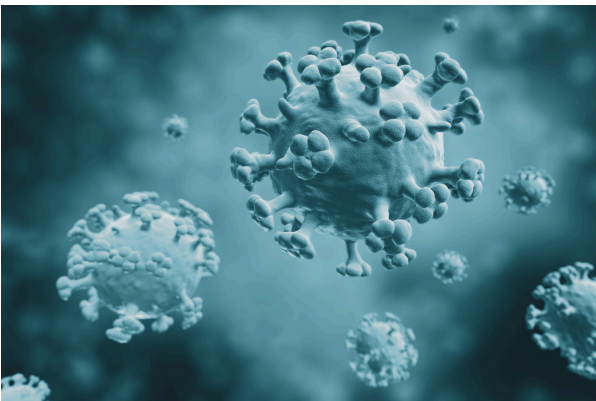
What is the flu?



The flu is an illness.



It can make you very sick.



The flu is caused by a virus.



A virus is very small. You cannot see a virus.

What are the signs of the flu?



A runny nose



A sore throat



A fever (this means a high temperature)



Body aches and feeling tired

How does the flu spread?



The flu spreads from person to person.

It spreads when people:



- Cough.



- Sneeze.



- Touch things that have germs on them.

How can you stop the flu spreading?



Wash your hands.



Cough into your elbow.



Wear a mask.



Stay home when you are sick.



Get the flu vaccine.

What is the flu vaccine?



You get the vaccine with a needle.



It can help stop you from getting very sick.



It helps protect other people.



The flu vaccine is safe.

When should you get the vaccine?



You should get the vaccine every year.



Get it before winter.



Babies older than 6 months can get it.



You can get it at the same time as the COVID vaccine.

Are there side effects?



Side effects are mild problems after a vaccine.



Most side effects are not serious. They go away in 1–2 days.



You may have a sore arm or feel tired.



You cannot get the flu from the vaccine.

Who can get the vaccine?



Almost all people can get the vaccine. These people can get the vaccine for free:



- Children under 5 years.



- Adults over 65 years.



- Pregnant women.



- People with health conditions like diabetes.

Where can you get the flu vaccine?



Your doctor.



A pharmacy (chemist).



A community health centre or an Aboriginal health service.



You can ask your support person if a doctor can give you the flu vaccine at home.

Where can you get more information?



Talk to your doctor.



Call a health service.



Websites like: [Winter Wellness](#) / [Better Health Channel](#) / [Health Direct](#)




You can ask your support person to help you find information.




**Loddon Mallee
Public Health Unit**

 100 Barnard Street, Bendigo VIC 3550

 lmphu@bendigohealth.org.au

 1800 959 400

 www.bendigohealth.org.au/LMPHU/