



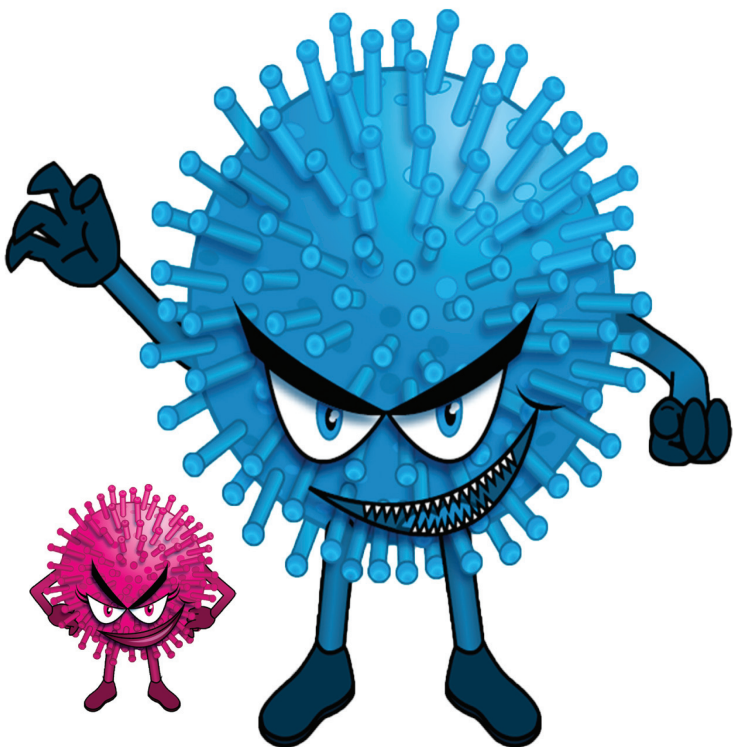
Ymddiriedolaeth GIG
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Tell me about flu





Flu can make you very ill, especially if you already have a serious illness like asthma or heart problems. Flu can even kill you.



You can have an injection to stop you getting the flu.

The injection is sometimes called a flu jab.



You can have the flu jab in the winter.



Go to the doctor and ask them if you can have the flu jab.



The flu jab is safe.
Lots of people have the flu jab.



You will not catch flu from having the flu jab.



But you can catch flu if you do not have the flu jab



Other people can catch the flu from you.



You should have the flu jab every winter.



You can have the flu jab if you are pregnant.



The flu jab is safe and will not harm your baby.

The flu jab will stop the baby catching the flu when it is born.

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You can find more information
and advice on these websites

www.ambulance.wales.nhs.uk

www.nhsdirect.wales.nhs.uk

www.choosewellwales.org.uk

