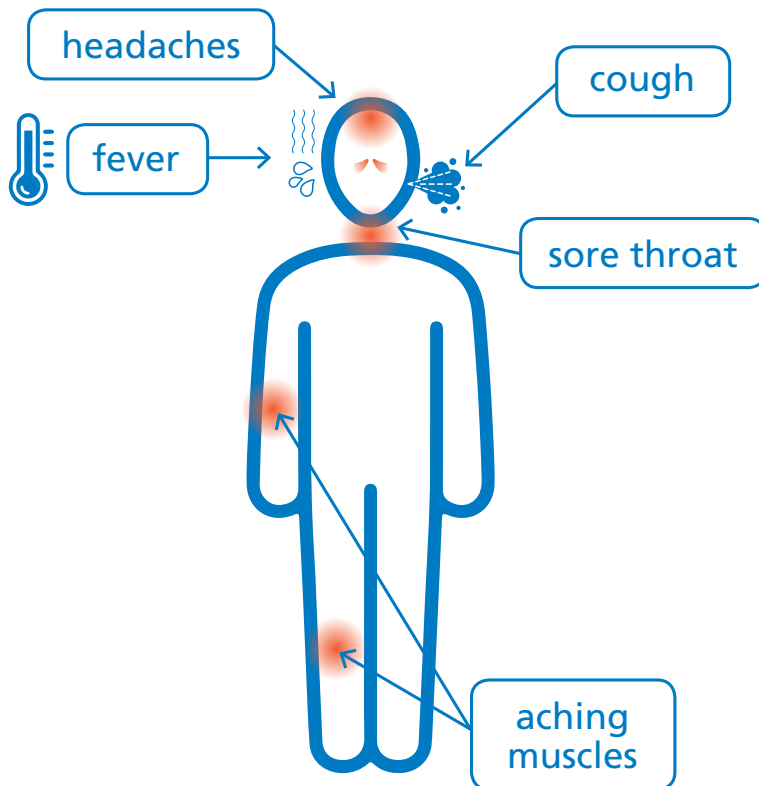


# Seasonal Flu

Flu is caused by different sorts of germs. Seasonal flu happens each winter and spreads very easily from person to person.



## The Signs You May Have Flu

- You may feel very hot and sweaty
- You may feel cold and shivery
- You may have a headache
- Your body and muscles may ache
- You may have a cough and sore throat
- You may get a blocked up nose like when you have a cold

Speak to your GP or Pharmacist today to see if you can have a free flu jab.