

Protect yourself

AGAINST THE FLU

to keep feeling good

WITH A FLU SHOT



Your doctor administers your **flu vaccine**.

You may feel some tenderness around where you had your flu shot, or a **slight fever** or **headache**,



Within **14 days**, your **body is fully equipped** for fighting the flu.



The virus enters your airways.



Your body remembers how to combat the flu, and **quickly fights it off** without any symptoms.

DAY

1

You get a **sudden fever**. Other symptoms appear: **coughing, sneezing, a sore throat** or a **runny nose**.



With the virus down and out, there's **no risk of you spreading the flu** to others.

DAY

2



You start feel very unwell: you're feverish, you ache all over and **you don't feel like eating**. You need to rest.

DAY

3

Fever-lowering medicine may reduce your temperature and ease your aches. You may not feel like eating, but you must **drink plenty of fluids**.



DAY

4



You may have **enough strength** to get up and move around the house.

DAY

5

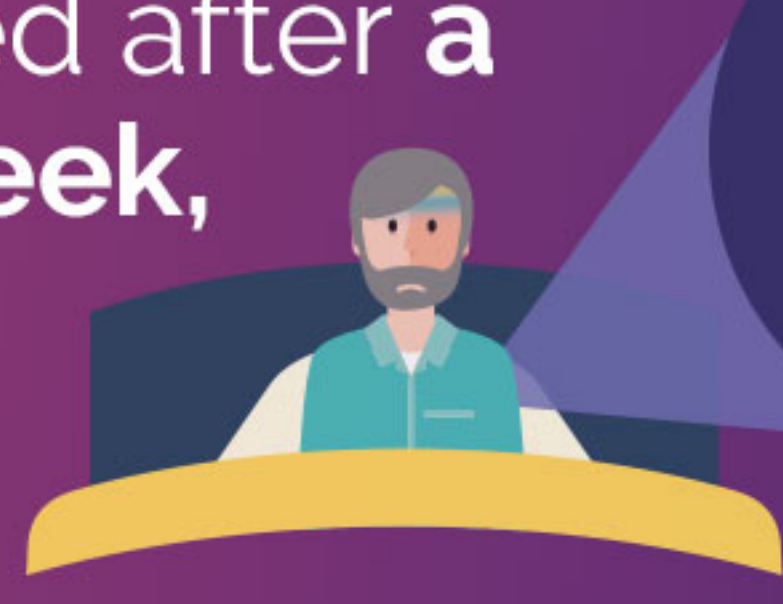
Your temperature may be starting to **come down**, your aches may be starting to **subside** and your coughing and sneezing may **have stopped**.



DAY

6

If you're still in bed after a **week**,



your body will start to **lose muscle**, making you weaker and **less mobile**.

DAY

7



If you have cardiac problems, you're at **higher risk of a heart attack** for a few weeks after catching the flu.

DAY

8

You may be **ready to start getting back** to doing the things you normally do.



DAY

9



The continued tiredness may mean **you feel depressed** after the flu.

DAY

10

You're on the **way to recovery**, but you may still feel tired for a week or so or longer if you have any underlying illnesses.

