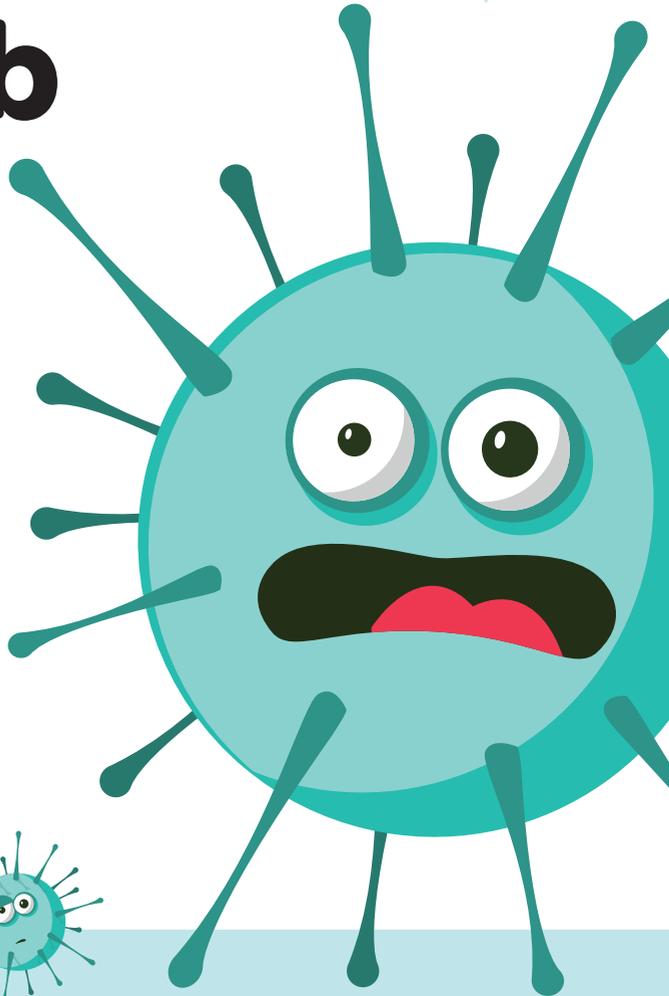
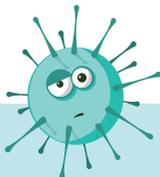
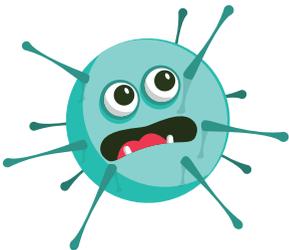


# Why you need your flu jab

**HELP US  
HELP YOU**  
PROTECT AGAINST FLU

Easy read  
booklet for  
people with  
learning  
disabilities



● **Flu is caused by a bug called a virus**

● **Anyone can catch flu and it can make you very ill**

● **A flu jab is the best way to avoid the flu**

● **You need to have the flu jab every year**

● **The flu jab is free for people with learning disabilities**

● **It is free for carers too**

# Signs of flu

---



**Blocked up nose**



**Painful ears**



**Sore throat**



**High temperature**



**Difficulty breathing**



**Tiredness**



**Aches**



**Dry cough**

# How to get a flu jab

---



**Your doctor may have sent you a letter about having the flu jab**

If you have not got a letter, phone your doctor to book an appointment

**"Hello, can I have a flu jab please?"**



Or you may be able to have a flu jab at a pharmacy near you



If you are really scared of needles, ask if the nasal spray is right for you

# Getting your flu jab

---



**The flu jab is an injection in your arm**

**This may be done by a doctor or nurse**

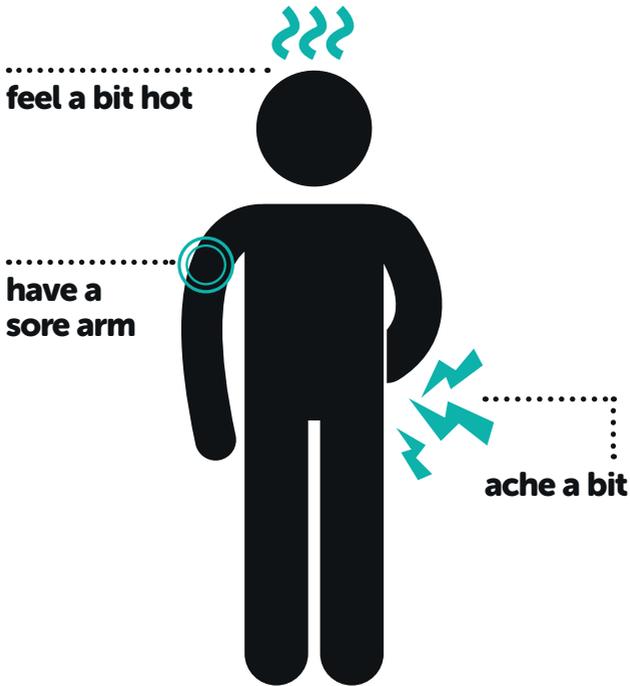
## **It is still safe to visit your doctor**

- People may be wearing face coverings and standing far apart because of Coronavirus
- You may be asked to social distance
- This means you should try to stay 3 steps away from other people
- Many people with a learning disability do not need to wear a face mask
- If you can wear a face mask, please wear it at the doctors
- You can take someone with you to your appointment
- They may need to wear a face mask

# After your flu jab

---

**The flu jab will not give you the flu**



This is all completely normal and will go away after a few days

# Information for carers

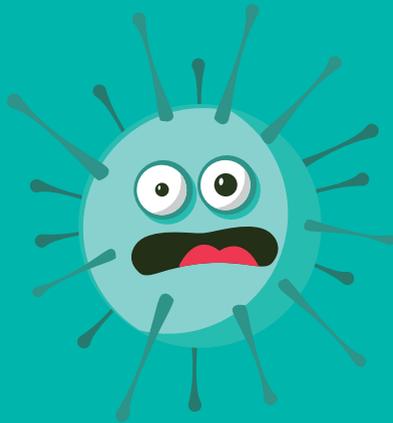
---

Most people with learning disabilities can make decisions for themselves and can decide whether they want to have a flu jab.

If someone can't decide for themselves then family and carers can help their GP decide. This is called a best interests decision.

If carers who look after people with a learning disability have the flu jab, it is less likely they will give flu to the people they look after.

**Carers can have a free flu jab. Protect the person you care for and book your flu jab now.**



You can find more information  
about the flu jab at:  
**[nhs.uk/flu](https://www.nhs.uk/flu)**