

# Why you need your flu jab

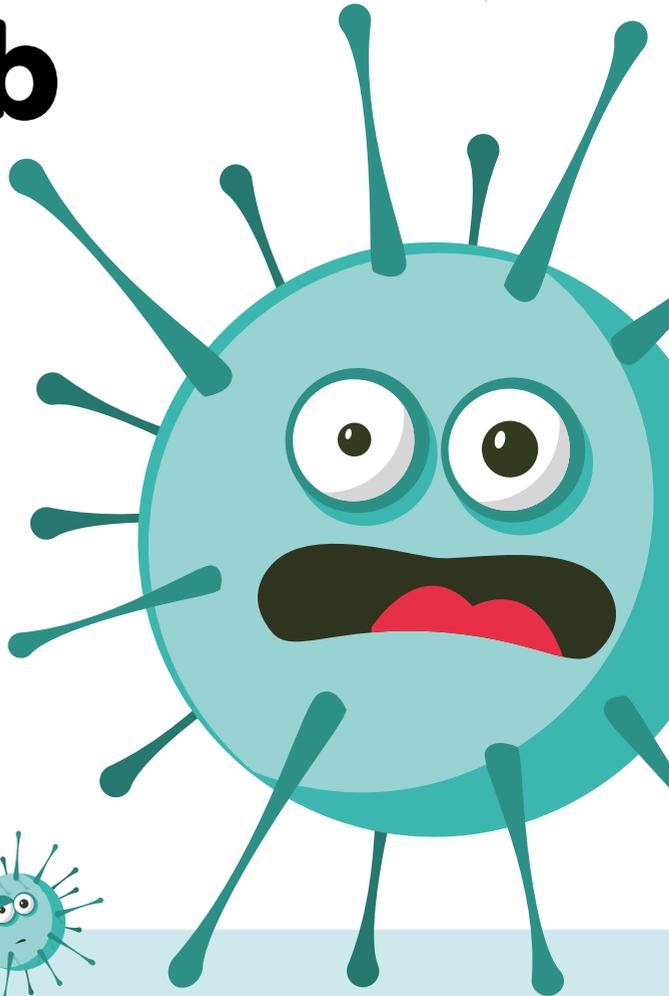
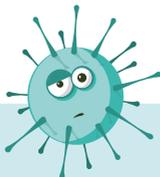
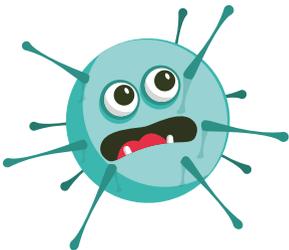


**HELP US  
HELP YOU**

STAY WELL THIS WINTER



Easy read  
booklet for  
people with  
learning  
disabilities



**1**

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

**2**

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

**3**

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

**4**

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

**5**

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

**6**

**It is free for carers too**

# Signs of flu

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**Blocked up nose**



**Painful ears**



**Sore throat**



**High temperature**



**Difficulty breathing**



**Tiredness**



**Aches**



**Dry cough**

# How to get a flu jab

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

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

**“Hello, can I have a flu jab please?”**



If you are scared of needles, ask your doctor about the nasal spray

# Getting your flu jab

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

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

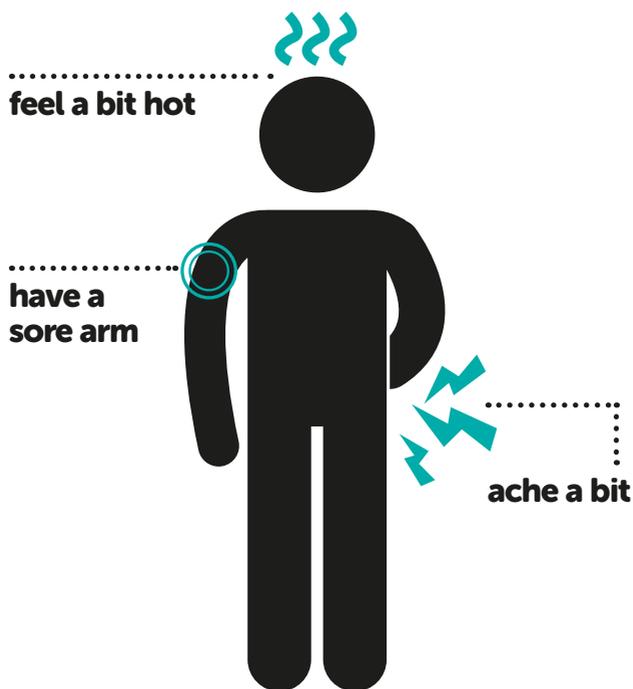
## **It is still safe to visit your doctor**

- 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
- If you can, wear a face mask at the doctors

# After your flu jab

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



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

Get your flu jab as soon as you can to stay well.

# Information for carers

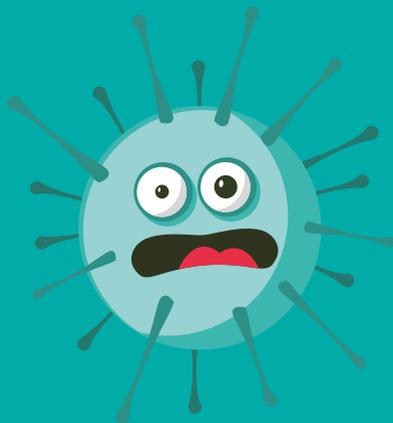
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Most people with learning disabilities can make decisions for themselves. So they can decide whether they want to have a flu jab.

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.



Find out more at  
[gmhsc.org.uk/moregphours](https://gmhsc.org.uk/moregphours)