

Why you need your flu jab

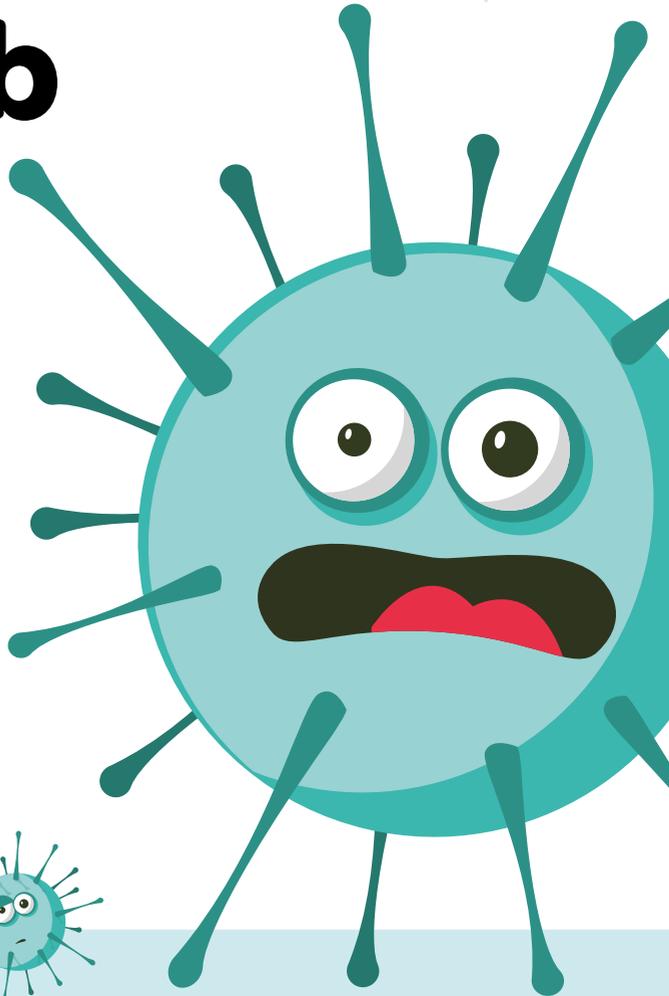
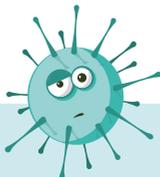
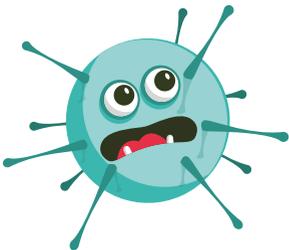


**HELP US
HELP YOU**

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



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, 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



The flu jab is an injection in your arm

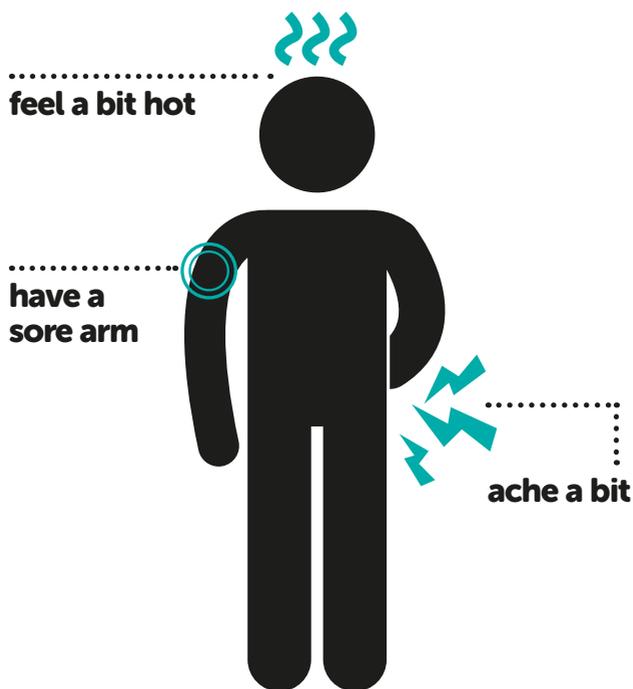
This may be done by a doctor or nurse

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

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.

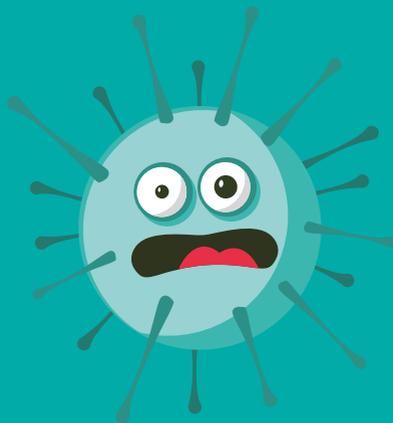
Information for carers

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