



Protect yourself from flu, have the flu vaccine

Information for people with a learning disability







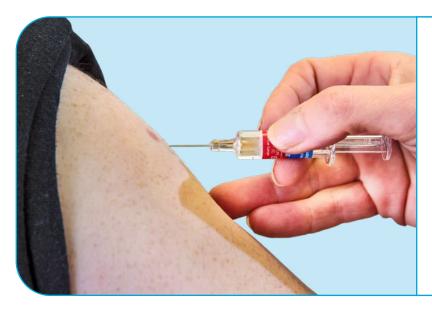
Protect yourself from flu



Every year in England lots of people get flu in winter. Flu is a virus that makes you feel ill.



Some people with a learning disability are more likely to be very ill if they get flu.



The best way to avoid getting flu is to have a flu vaccine. This is an injection and it is free.





If you are scared of needles, tell the nurse. You may be able to have the vaccine as a spray instead.



Family carers and paid support workers may be able to have the free flu vaccine so they don't pass flu on to you.

Brian goes for a flu vaccine



Brian does not want to get flu this winter.



He phones
the health
centre to make
an appointment
for a free
flu vaccine.



Next week he will see the nurse at the health centre.





He could also get the flu vaccine at a pharmacy.



His support worker can get a free flu vaccine as well.



The nurse explains what she will do.

Brian goes for a flu vaccine



The injection is quick and doesn't really hurt.



The nurse tells Brian his arm might be sore for a while.



He might also feel a bit hot.



That's it until next year!

