

Get your free flu jab

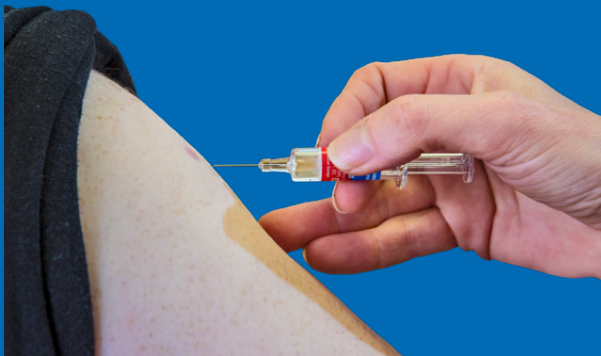


Flu will make you feel very ill and it can be dangerous.

People with a learning disability can have a free flu jab. This is an injection that helps stop you getting the flu.



Carers can have the flu jab too.



You can have the flu jab from a nurse at your GP (your local doctor).

Or you can have a flu jab at a pharmacy.



If you cannot have injections you can have a nose spray instead.

Health staff can get advice on helping people to have injections bit.ly/blood-tests