

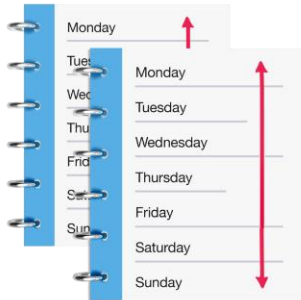
Book your flu vaccine and your Covid 19 vaccine

	<p>This letter is to let you know you need to book appointments for your flu and Covid 19 vaccines.</p>
	<p>Flu and Covid 19 are different viruses. They spread from person to person.</p> <p>If you catch flu or Covid 19, the viruses can make you very poorly.</p>
	<p>Having your vaccines will help you to stay healthy.</p> <p>It is important to get your flu vaccine and your Covid 19 vaccine to stop you getting very poorly.</p>
<h2>Who needs to get flu and Covid 19 vaccines?</h2>	
	<p>Some people are more likely to get very poorly from flu or Covid 19.</p> <p>You can get the flu and Covid 19 vaccines if:</p> <ul style="list-style-type: none">• you are 65 years old or over• or you have some health conditions• or you have a learning disability.



Carers can also get flu and Covid 19 vaccines if they are paid or unpaid. They may be able to get the vaccines at the same time as you.

Your carer can speak to their doctors' (GP) surgery about getting on the carers register.



Please book your appointments for your flu and Covid 19 vaccines **as soon as you can.**

How to book your flu vaccine



You can have your flu vaccine at your doctors' (GP) surgery.



Or you can have your flu vaccine at a pharmacy if you are aged **18 years** or over.

How to book your Covid 19 vaccine



You can phone **119** for free.

You should tell them you are at high risk and have been invited to book an appointment.



You can also use text phone **18001 119**.

If you need British Sign Language, you can go to signvideo.co.uk/nhs119.



You can also book your Covid 19 vaccine online at www.nhs.uk/book-covid.

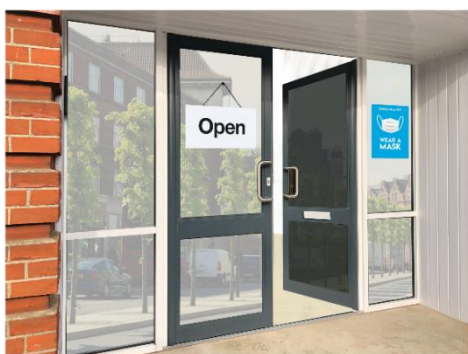
The Covid 19 booking website will ask you if you think you are at high risk.

Answer **yes** for this question.



Or use the NHS App to book your appointments.

Go to nhs.uk/NHSApp. You should see options to book or manage flu and Covid 19 appointments on the homepage.



You could also go to a Covid 19 walk in site. You do not need to book to do this.

To find one close to you go to www.nhs.uk/covid-walk-in.



If you are not able to leave home to get your vaccines, speak to your Doctors' (GP) surgery for help getting a **home visit**.



If you need any support to book your flu or Covid 19 vaccines, you can ask someone you trust to help you or phone **119**.

The vaccines are free



You can get the flu and COVID-19 vaccines for **free** if you are on the learning disability register.



If you are asked to pay for the vaccines, it is a scam. You should not give them any money or bank details. Tell someone you trust if you are asked to pay.

Going to your vaccine appointments



You may need some support to make your appointment go more smoothly. Tell a member of staff. They can support you.

This is called a reasonable adjustment.



You can bring someone who can support you, like a family member or your carer.

What you might feel after your vaccines



Most people feel fine after having the flu and Covid 19 vaccines.



Some people can get some feelings like a sore arm, headache or feeling hot and cold. These feelings should go away in a few days.



If this happens you can rest and take paracetamol if you can.

Check with someone if you are not sure. Always make sure you follow the information on the box.

More information



For easy read information about the flu vaccine go to www.gov.uk/government/publications/flu-leaflet-for-people-with-learning-disability

More information about flu and COVID vaccines is available on the NHS website. Go to www.nhs.uk/wintervaccinations

Annual health checks



Annual health checks at your doctors' (GP) surgery can help you stay healthy.

If you have not had your annual health check in the last year, book this now too.



To find out more about annual health checks for people with a learning disability, go to tinyurl.com/tdp34bcr.



To watch a video about annual health checks for people with a learning disability, click [Health Is Everybodys Responsibility 270617 - YouTube](#).