

Booking your NHS flu vaccine



This letter is to let you know you need to book your winter flu vaccine.



If you catch flu, it can make you very poorly.



Please book an appointment for your flu vaccine as soon as possible.



You are more likely to get flu when it is cold so it is important to get protected.



Flu spreads from person to person.

Who needs to get the flu vaccine?



Some people are more likely to get very poorly from flu.



You can get a vaccine if you:

- are aged 65 years old or over
- have a learning disability





- live in a care home.

- have a health condition or take medicine that makes it more likely for you to get ill with flu

To find out more about which health conditions mean you can get the flu vaccine, go online at www.nhs.uk/flujab

This website is not easy read.

You can also ask your healthcare professional for more information.

How to book your flu vaccine



- You can have your flu vaccine at your doctor's (GP) surgery.
- If you are 18 years or older, you can have your flu vaccine at a pharmacy.

Find a pharmacy giving flu vaccines online at www.nhs.uk/flu-pharmacy.

Some pharmacies offer appointments you can book online at www.nhs.uk/bookflu.

- You can use the NHS App.
- You can download it using this link nhs.uk/NHSapp.



- You can phone 119 for free.

Tell them you are at increased risk and have been invited to book your flu vaccine.



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



- Or textphone using this number:

18001 119.



If you can't leave home to get your vaccine, speak to your doctors' (GP) surgery for help getting a home visit.

The vaccine is free



The flu vaccine is free for people who need it.

You should not give any money or your bank details.

Tell someone you trust if you are asked to pay.

Going to your vaccine appointments



You might need some support when you go for your appointment.

This is called a reasonable adjustment.

If you need a reasonable adjustment, tell a member of staff who can add this to your health record and support you.



Speak to a member of staff before your appointment if you are worried about having your vaccine.

You can ask questions about what will happen.

And you can ask about reasonable adjustments they can make to help you.

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



More information



More information about the flu vaccine is on the NHS website.

Go to www.nhs.uk/flujab

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Learning Disability Annual Health Checks



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

If you have not had your learning disability annual health check in the last year, book one now.



To find out more go online and type this -
tinyurl.com/tdp34bcr



To watch a video about learning disability annual health checks go to

[Health Is Everybodys Responsibility 270617 - YouTube](https://www.youtube.com/watch?v=270617)