

# **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 <a href="https://www.nhs.uk/flu-pharmacy">www.nhs.uk/flu-pharmacy</a>.

Some pharmacies offer appointments you can book online at <a href="https://www.nhs.uk/bookflu">www.nhs.uk/bookflu</a>.



You can use the NHS App.

You can download it using this link <a href="https://nhs.uk/NHSapp">nhs.uk/NHSapp</a>.





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.

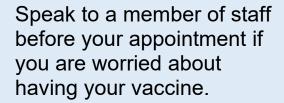
This is called a reasonable adjustment.

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









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

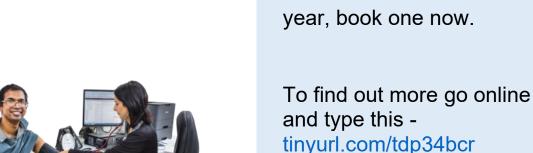
This website is not easy read.

You can also ask your healthcare professional for more information.



### **Learning Disability Annual Health Checks**







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

Learning disability annual

doctors' (GP) surgery can

If you have not had your learning disability annual health check in the last

health checks at your

help you stay healthy.

Health Is Everybodys
Responsibility 270617 YouTube