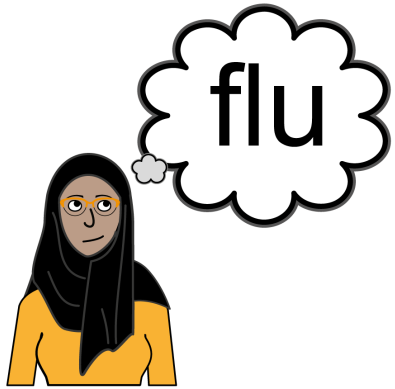
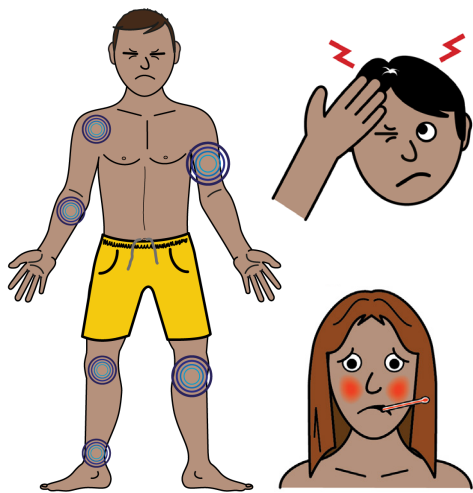


## Flu vaccinations for people with a learning disability.



Flu is a viral infection that can make people **really poorly**.



The **symptoms** of flu can be:

**High temperature**

**Aching body**

**Headache**



The **vaccination** is available to you **now**.

If you are vaccinated it will **protect you** and stop you from spreading the flu to your **family and friends**.

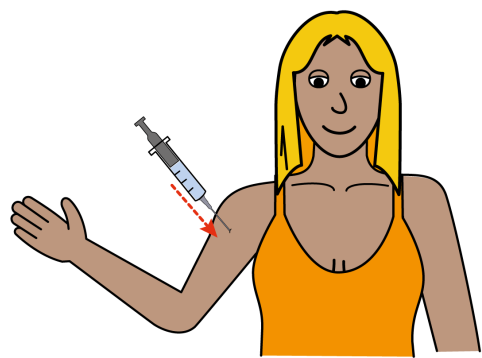


The vaccination is **free**.

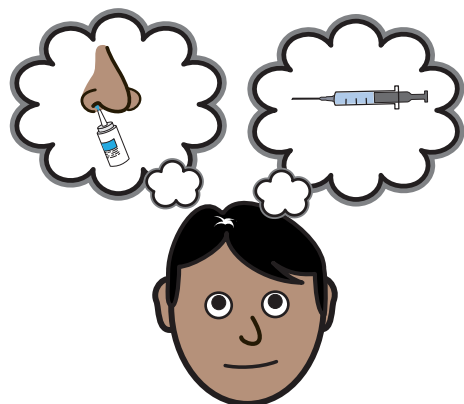


People with a learning disability are in a **high risk group**.

You should be **invited by your GP** to get the flu vaccination.



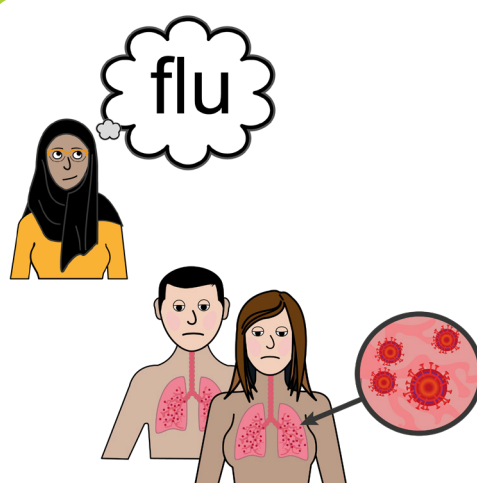
The flu vaccination is given as an **injection that goes into your arm.**



If a person with a learning disability does not like needles they **can ask for a nasal spray.**



The nasal spray goes **into the nose** and is **easy to have.**



You need to get the flu vaccination at least **7 days before you have the COVID 19 vaccination.**

**Please get your flu vaccination now** then when it is your turn for the COVID 19 vaccination there will be no delay.



If you have **any more questions** about the Flu vaccination or you want to **book an appointment** then **please phone your GP.**