

Your flu jab

The pictures are made by a computer (AI). They are not photos of real people.



Your flu jab



Flu is an illness. It spreads in winter.



Flu is worse than a cold. You can feel very ill for days.



Some people get so ill with flu that they need to go to hospital.



People with a learning disability can get very ill with flu.



The flu jab helps to protect you.



The flu jab is free for people with a learning disability.



You need a flu jab every year. Last year's jab will not protect you this winter.



Have you had your flu jab this winter?

☐ Yes ☐ No ☐ Not sure



To get your flu jab, phone your doctor's surgery. You can also ask at a chemist.



The jab is a small injection in the top of your arm. It is quick.



The flu jab cannot give you flu.



Your arm may be sore for a day or two. You may feel a bit achy. This is normal.



Tell the nurse if you have ever had a bad allergy to a vaccine.



If you have a high temperature on the day, you may need to wait until you are better.



Do you know how to get your flu jab?

☐

Yes

☐

Not sure



Ask someone you trust to help you phone your doctor's surgery.



It is best to have your flu jab in the autumn, before winter.



Thanks for watching this easy message.

Find out more at nhs.uk/flujab



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