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# Protect yourself from flu, have the flu vaccine

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Information for people with a learning disability



# Protect yourself from flu



Every year in England lots of people get flu in winter. Flu is a virus that makes you feel ill.



Some people with a learning disability are more likely to be very ill if they get flu.



The best way to avoid getting flu is to have a flu vaccine. This is an injection and it is free.



If you are scared of needles, tell the nurse. You may be able to have the vaccine as a spray instead.



Family carers and paid support workers may be able to have the free flu vaccine so they don't pass flu on to you.



# Brian goes for a flu vaccine

1



**Flu can be dangerous for me**

Brian does not want to get flu this winter.

2



**I would like a free flu vaccine please**

He phones the health centre to make an appointment for a free flu vaccine.

3



Next week he will see the nurse at the health centre.



## Pharmacy +

4



He could also get the flu vaccine at a pharmacy.

5



His support worker can get a free flu vaccine as well.

6



The nurse explains what she will do.

# Brian goes for a flu vaccine

7



The injection is quick and doesn't really hurt.

8



All done!

The nurse tells Brian his arm might be sore for a while.

9



I feel a bit hot

He might also feel a bit hot.



**That's it until  
next year!**



