

Flu and Covid Vaccinations Information



Get your free flu jab



Some people with a learning disability can get very ill if they get flu.



The best way to avoid flu is to get a free flu jab.



GP surgery

You can have the flu jab at your GP surgery.



Pharmacy +

Or you can have the flu jab at a pharmacy.



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

Produced by Public Health England. Copyright 2020. Product code: EASYREADFLU12 2p 5K OCT 2020 (APS). Pictures reproduced with kind permission from Photosymbols.com



If you have a learning disability or you provide paid or unpaid care to someone with a learning disability it's important that you get protected from flu this winter.

You can get a free flu jab from your doctor or pharmacist.

Some people with autism may also be eligible for a free flu vaccination.

Talk to your doctors or local pharmacy about getting your vaccine as soon as possible.

This pack has some videos and leaflets that give you more information about flu and Covid vaccinations.

Winter Flu Resources:



- NHS Easy Read Poster: [Get your free flu jab - people with a learning disability.](#)
- NHS Easy Read Leaflet: [Protect yourself from flu.](#)
- NHS Flu vaccination [video](#) for people with a learning disability.
- NHS Flu vaccinations [video](#) for carers of people with a learning disability.
- Misfits Theatre Company [video](#) tackles misinformation surrounding the flu vaccination head on and urges people with learning disabilities and their carers (family member or support worker) to not delay, and get their free flu vaccine today.
- Camilla attends her flu jab appointment in this [video](#).
- A number of [simple text resources](#) are also available for downloading or ordering.
- [Find a pharmacy](#) that offers the winter flu vaccination.



Covid-19 Booster Vaccination

The NHS have made an Easy Read Letter about getting your Covid-19 vaccination booster:



Covid Vaccine
Booster Letter

You may need some help to download this so here is some key information from the letter to help you booking an appointment:



Your Doctor's (GP) Practice should contact you to make an appointment, if they are giving COVID vaccine boosters.

If you are not sure, contact your Doctor's (GP) Practice to check.



If they can't give you the COVID vaccine booster, you can book an appointment by:

Going online - go to:
www.nhs.uk/getvaccination

It's ok to ask someone to help you with booking an appointment online or if you need more information speak to your doctor or nurse.

Covid-19 Resources:

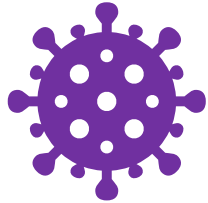


NHS

Remember to book your coronavirus vaccine appointment if you have been invited.



Stay safe.



Everyone on the learning disability register is eligible for a Covid-19 booster vaccination.

You may get an invitation in the post or by a text message and when you receive this, please book an appointment at your GP practice.

If you haven't received an invitation, it's important to contact your doctor and ask for this. Some people may choose to book their booster vaccination at a Covid-19 vaccination centre and that is also ok.

If you haven't booked your Covid-19 vaccine because you are worried about it, talk to your doctor or nurse. There's lots they can do to help. See below a number of useful Covid-19 vaccination resources;

- **Governments' Easy Read leaflet: [Covid-19 Booster](#).**
- **NHS Covid-19 vaccination [video](#) importance of having the vaccine and what you should do afterwards.**
- **Find a [walk-in coronavirus \(COVID-19\) vaccination site](#).**