

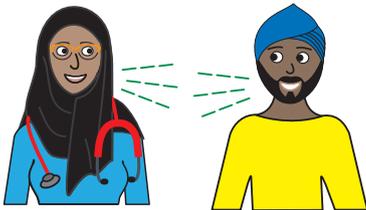
# Top Tips for People with Learning Disabilities and Carers Having your Coronavirus Vaccination.

## Top Tip 1



**Before:** Do you know what the Coronavirus vaccine is about? Here are some links to easy read documents and videos. Read, watch and talk about it with your Dr, pharmacy or a trusted adult.

## Top Tip 2



**Before:** Tell your GP about your reasonable adjustments.  
This might include having someone with you, having more time or something else to help you.

[www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/resources/covid-19/](http://www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/resources/covid-19/)

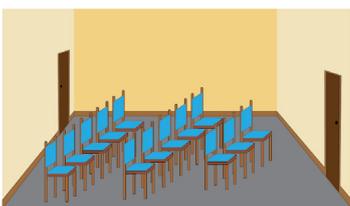
## Top Tip 3



**Before:** Think about what you are going to wear, they need to be able to get to your shoulder easily.

Remember to wear your mask.

## Top Tip 4



**During:** You might have to wait in a queue to have your injection. After your injection you might have to wait to make sure you are ok.

Take something with you to keep you busy like a book or phone.

## Top Tip 5



**After:** Do something nice after your vaccination.

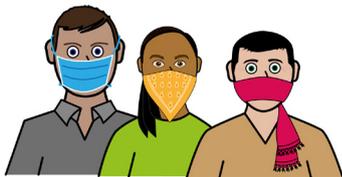
## Top Tip 6



You still need to stick to the rules after your vaccination.



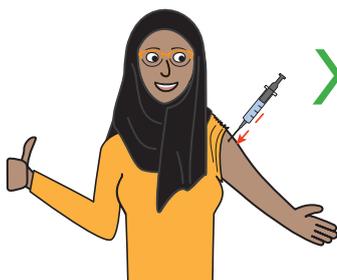
**Wash your Hand**



**Cover your face**



**Keep 2 meters apart**



You will need to come back for your second vaccination.  
This will usually be 10-12 weeks after your first vaccination.