

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

## Top Tip 1

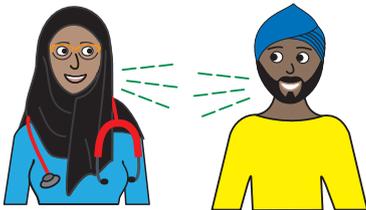


**Before:** Do you know what the Flu vaccine is about? Here are some links to easy read documents and videos.

[www.gov.uk/government/publications/flu-leaflet-for-people-with-learning-disability](http://www.gov.uk/government/publications/flu-leaflet-for-people-with-learning-disability)

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/national-screening-partners/flu/](http://www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/resources/national-screening-partners/flu/)

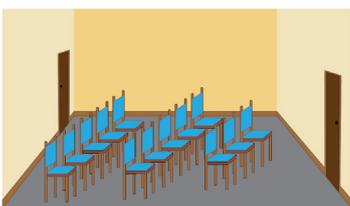
## Top Tip 3



**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.



**Wash your Hands**



**Cover your face**



**Keep 2 meters apart**