

Top Tips for People with Learning Disabilities and Carers

Having your Flu Vaccination.

Top Tip 1

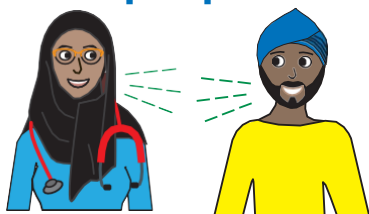


Before: Do you know what the Flu vaccine is about? Here are some links to easy read documents and videos.

www.gov.uk/government/publications/flu-leaflet-for-people-with-learning-disability

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.

Top Tip 3

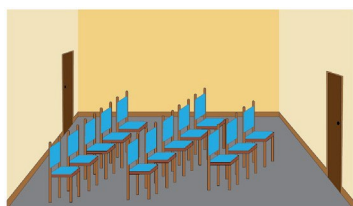


Before: Think about what you are going to wear, they need to be able to get to your shoulder easily.

Remember to wear your mask.

<https://www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/resources/your-health/national-screening-partners/flu/>

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 metres apart