

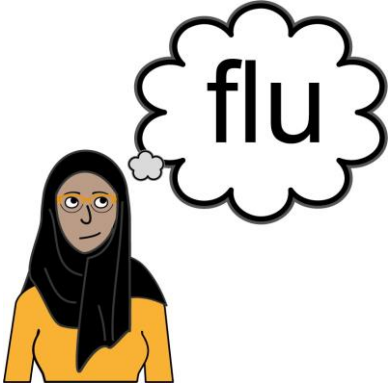


Leeds and York Partnership

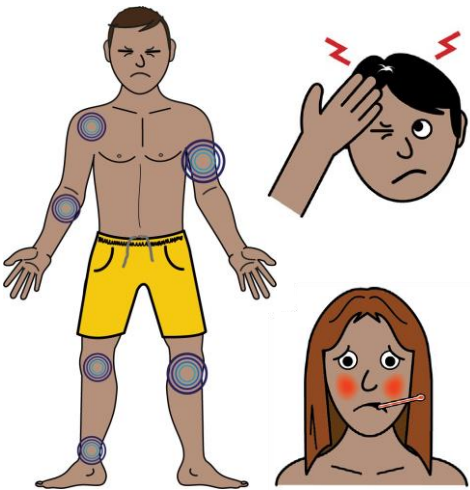


NHS Foundation Trust

Flu vaccinations for people with a learning disability.



Flu is a viral infection that can make people **really poorly**.



The **symptoms** of flu can be:

High temperature

Aching body

Headache



The **vaccination** is available to you **now**.

If you are vaccinated it will **protect you** and stop you from spreading the flu to your **family and friends**.



The vaccination is **free**.

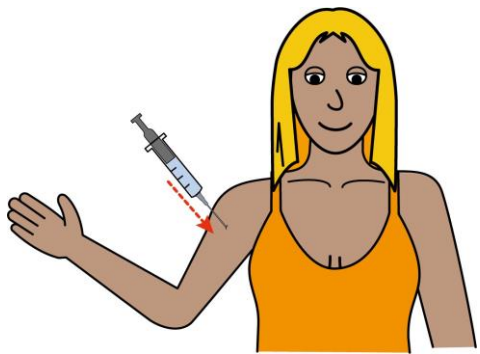


People with a learning disability are in a **high risk group**.

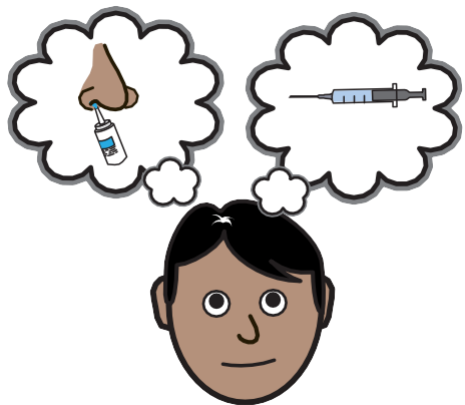
You should be **invited by your GP** to get the flu vaccination.

You can also get flu vaccine at your **local pharmacy**.

<https://www.nhs.uk/service-search>



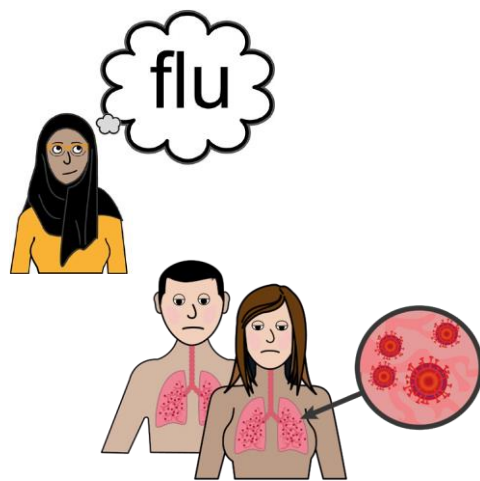
The flu vaccination is given as an **injection** that **goes into your arm**.



If a person with a learning disability does not like needles they **can ask for a nasal spray**.



The nasal spray goes **into the nose** and is **easy to have**.



You can have your **Covid-19 vaccination** and your **Flu vaccination** at the same time if the health organisation has a supply of **both** vaccines.



If you have **any more questions** about the Flu vaccination or you want to **book an appointment** then **please phone your GP**.