

## Flu Vaccines



From October people with a learning disability can get the flu vaccine .



The vaccine is an injection.

Sometimes it is called a flu jab.



It helps stop you from getting ill with the flu.



And it helps stop you passing the flu onto other people.



The doctor should get in touch with people who are on the learning disability register to ask them to come in for the flu jab.



They will send out an easy read letter to let people know when to come in for their Covid booster vaccine.



If you are not on the learning disability register, get in touch with your doctor to be put on it.



Anyone with a learning disability can be on the learning disability register



Being on the learning disability register means you can get extra support when you go to the doctor.



You can find out more about the [learning disability register on our website.](#)



If you have never had a flu jab before you should get in touch with your doctor to ask if you can have one.



The government has new [information about the flu vaccine on their website.](#)



### **What happens when I get a flu vaccine?**

The flu jab is an injection which is given to you in your arm.

This is usually done by a nurse at your doctors.



After the flu jab some people might:



- Feel a bit hot



- Feel some pain in their arm



- Feel some pain in other parts of their body.



If you don't feel well after the flu jab, you should feel better in a few days.



Children, young people, or people who are scared of needles might be able to have the vaccine as a spray which goes up your nose.

Talk to the nurse or your doctor about if the spray flu vaccine is right for you.



If you have any questions or want more information, talk to your nurse, doctor, or a person at the chemist called the pharmacist.



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