



Having the Flu Jab:



Getting flu can make you very ill.

You may feel ill for several weeks.



You can protect yourself from flu by having a flu jab.

The pain from a flu jab is tiny .

Getting flu can make you ill for weeks.



Things that might help if you don't like having jabs.



- Talk to someone who has had the flu jab



- Ask someone to come with you to your appointment.
- They can help you to be calm.
- Ask them to talk to you while the nurse gives you your jab.
- Check where you need to go to have your jab.
- Check who you will be seeing when you have your jab



If you have a tablet or smart phone:



- You could watch a video.
- You could listen to music.
- You could play a game.

While the nurse gives you your jab.



Plan a treat for after you have had your jab.



There are videos made by people with a learning disability to help people have their flu Jab.

You might find watching these helps.

https://www.youtube.com/watch?time_continue=5&v=0NbP-G7g414&feature=emb_logo