

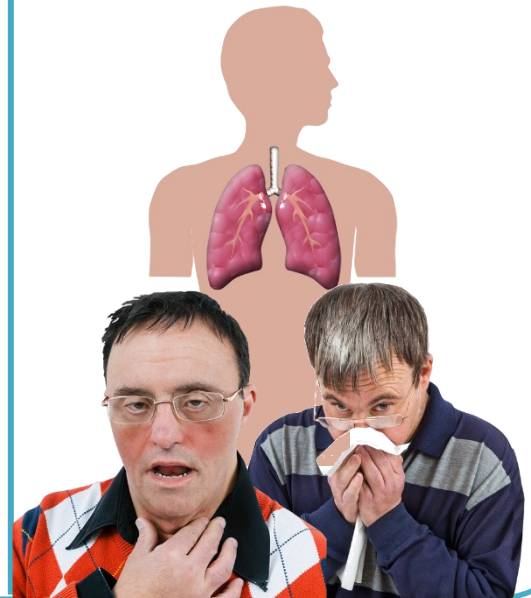


# Protecting Yourself. Why Should You Have the Flu Vaccine?



## What is flu?

Flu is a virus that affects the nose, throat, and lungs. You can catch it easily and it can make you very ill. It can even cause death.



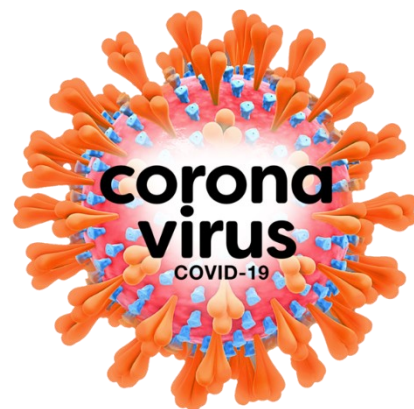
## Why does flu spread in winter?

People spend more time indoors and are in close contact with each other, which makes it easier for the flu virus to spread.



## Why is it more important to have the flu jab this year?

COVID-19 is still active. If you catch both illnesses at the same time you could get very sick.



## Do I still need the flu jab if I am healthy?

Some people with a learning disability are more likely to be very ill if they catch flu. Even if they are healthy.



## How can I get the vaccine?

The easiest way is to have the injection. People with a learning disability can get it for FREE.



## Who can get the vaccine?

Family carers and paid support workers may also be able to have the free flu vaccine, so they don't pass flu on to you.



## How do I get the jab?

Your GP will contact you by letter inviting you to book an appointment at your local practice.



## How can I book my flu jab appointment myself?

If you don't get invited to have your flu jab, you can book it yourself at a local pharmacy with this

link: <https://www.nhs.uk/service-search/pharmacy/pharmacy-nhs-flu-vaccine-service>



**Pharmacy**

For more 'Easy Read' information on flu, visit the website [here](#)