

Flu Vaccines



If you catch flu, it can make you very poorly.

It is important to get your flu vaccine to stop you getting very poorly.



Having your vaccine will help you to stay healthy.

A vaccine is a medicine that helps your body fight diseases. Vaccines are very important. They can protect you and those around you from getting very ill.



The flu vaccine does not always stop you getting the flu. But if you do get the flu your symptoms will be milder.



If you do not get the vaccine, and you get the flu you could get very ill and may have to go to hospital



You can ask your GP surgery to do things to make your appointment easier for you. This is called a reasonable adjustment.



You can take a family member or friend along with you to get your flu vaccine.



You can get the flu vaccine for free if you are on the learning disability register.



If you think you have flu, stay home and rest until you feel better. Call NHS 111 if you have other health conditions or feel very unwell.



While at the doctors getting your flu vaccine, ask about having your annual health check when it's due. Annual health checks are free and can help you stay fit and healthy.

Wellbeing Tip

Make some homemade soup with lots of vegetables. Store the soup in the freezer and take out when you're feeling poorly.

Soups are easy to swallow when you're not well.

