Public Health England

NHS

To help you stop getting flu:

Information for people with learning disability

EasyRead version

More about flu

Anyone can catch flu. It is caused by a bug called a virus.

It can make you quite ill.

Signs of flu are:

- a high temperature

- blocked up nose

- dry cough

- sore throat

- aches

- tiredness.

Some people with flu find it difficult to breathe or have a very painful ear.

If you are very ill you might even need to go to hospital.

Flu jabs

Having a flu jab can help stop you catching flu and passing it on to friends, carers and family.

People with learning disabilities can get a free flu jab from their doctor, on the NHS because they may have more problems if they catch flu.

How is a flu jab given?

A flu jab is an injection in your arm.

Who will give me a flu jab?

Usually the nurse at your doctors will give you a flu jab.

When to have a flu jab

The best time to have a jab is in the autumn.

You need one each year as the flu bugs can change each year.

Will the jab make me feel ill?

After a jab you might have:

- a sore arm

- feel a bit hot

- feel a bit achy.

But these are nothing to worry about and will go away in a day or so.

What do I need to do to get a flu jab?

Your doctors should get in touch with you to come in for a jab.

If they don't you can ask them if you can have one.

How do I find out more?

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

Or look on the internet:
www.tinyurl.com/NHSfluInfo

Who else should have a flu jab?

Any people who look after you should also have a flu jab so they don't get ill.

Carers can get a free flu jab from their doctors.

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