

# Get your free flu jab



Some people with a learning disability can get very ill if they get flu.



The best way to avoid flu is to get a free flu jab.

**NHS**  
GP surgery

You can have the flu jab at your GP surgery.



Or you can have the flu jab at a pharmacy.



If you are scared of needles, tell the nurse. You may be able to have the vaccine as a nose spray instead.