

[GP NAME]

[PRACTICE NAME AND ADDRESS]

TODAYS DATE 10th October 2016

Dear



As someone with a learning disability, you may be more at risk of complications if you get the flu.



We are inviting you to have a free injection to protect you against the flu.



Please come to your GP surgery on



Date



Time



Address

GP
Number



If you can't come on this day please ring your GP surgery.



The receptionist will help you to make an appointment for another day or time.



Please have a look at the leaflet about the flu injection with someone who helps you.

This will help you understand why we think it is important that you have this injection.



If you don't understand then your carers and family can help the doctor to decide for you.



If you do understand what is good and bad about this injection, then you can decide for yourself whether you want to have it or not.



If you decide you don't want it then please ring your GP surgery to talk to someone about it.



If you have an unpaid carer they can also have a free flu injection which will help protect them and the people they care for against flu. They will need to contact their own GP to arrange this.

Thank you and we look forward to seeing you.



GP PRACTICE DETAILS]

You can also call the learning disability link nurse for your doctors surgery if you would like more help.



LINK NURSE NAME AND CONTACT DETAILS

Template adapted from

<https://www.gov.uk/government/publications/flu-vaccination-easy-read-invitation-letter-template>

Photos from www.photosymbols.com

If this information is used, please acknowledge the Organisation



Seasonal Flu



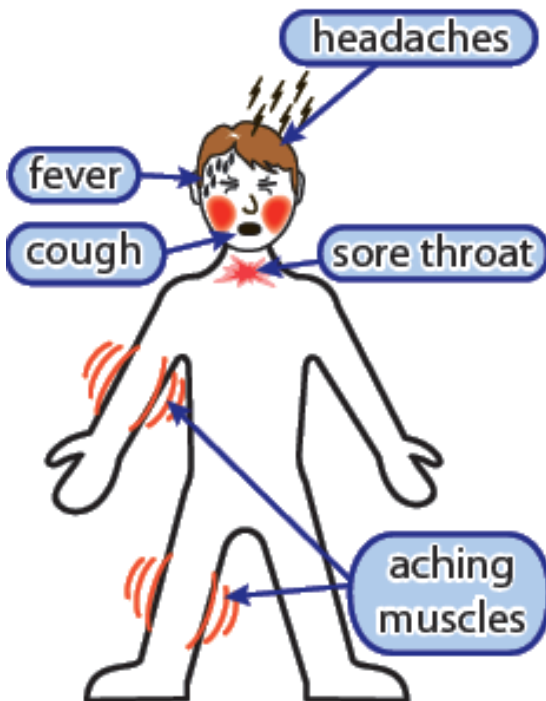
Seasonal Flu is caused by different sorts of germs.

Seasonal flu happens each winter
Flu spreads very easily from one person to another



It can make you feel very unwell.
If you are elderly or frail or someone who gets chest infections a lot then this can be a very dangerous illness to get.

The Signs You May Have Flu



You may feel very hot and sweaty
(A Fever)

You may feel cold
and shivery

You may have a Headache

Your body and muscles may ache

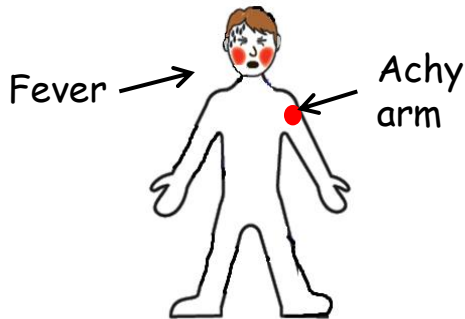
You may have a cough and sore
throat

You may get a blocked up nose
like when you have a cold

What is the "Flu Jab" and How Does it work?



The "Flu jab" is an injection you can have in your arm. It is good to have the injection because it is the best way to protect you against getting really ill with flu.



After you have had the injection you might have a sore arm or feel a bit achy and have a fever for a day or two. This is normal and will go away.

The flu injection **CANNOT** give you the flu.



If you are unwell on the day of your injection then wait until you are better before having the flu jab



A **VERY** few people have a bad reaction to the injection. So **BEFORE** you have the injection talk to the Doctor



If you have been very ill after having a flu jab in the past

or

If you can not eat hen's eggs with out being very ill (Allergic to eggs)