

People with learning disabilities and the flu injection

Flu injections



Flu injections protect you against catching flu.



This is especially important for people with learning disabilities.

They are more likely than others to get seriously ill if they have the flu.



The flu injection cannot give you the flu.



The best way to avoid flu is having the injection.



Flu injections also make it less like you will give flu to other people.

You don't have to pay



Some people have to pay for flu injections. But people with learning disabilities don't.

This is because it is especially important for them.



The Green Book and the Annual Flu Letter tell GPs who can have free flu injections.

Your GP will know what these are. They say people with learning disabilities can have a free flu injection.



If carers who look after people with learning disabilities have the flu injection, it is less likely they will give flu to the people they look after.



If you are a family carer or [paid supporter](#) for someone with learning disabilities you can have a free flu injection.

You can arrange this with your own GP or a pharmacy.

Agreeing to have an injection



Most people with learning disabilities can take decisions for themselves.

So they can decide whether they want to have a flu injection.



It would be unfair if people who can't make decisions for themselves couldn't get flu injections.

If someone can't decide for themselves then family and carers can help their GP decide. This is called a [best interests decision](#).

How you get a flu injection



You can make an appointment to have the flu injection at your GP surgery.



You can go to a pharmacy to arrange a flu injection.

They may be able to give you the flu injection straight away.



Some people with learning disabilities find it difficult to have any injections.

GP surgeries can help with [reasonable adjustments](#).



A few people who can't have injections can get a spray up their nose to protect them from flu. This doesn't work as well as the injections.

There is [guidance](#) about this.

These pictures are from [Photosymbols](#)