



Going to My Flu Vaccine (Jab)



The GP surgery will contact you to remind you to book your free yearly flu jab.



Follow the instructions they give you on how to book or attend your flu jab.



You can get your flu jab safely at your GP surgery or at a pharmacy.



There may be other places where you can get it too, speak to your GP surgery who can tell you your options.

Going to My Flu Vaccine (Jab)



When booking your appointment, tell them about any reasonable adjustments you may need such as extra time or somebody to go with you.



Usually the appointment won't take long.



If you are worried about it being painful, contact them before your appointment and you can talk about using numbing cream or having the nasal vaccine.



You can have someone to support you in your appointment.



Turn up on time for appointments, if early wait outside.

Going to My Flu Vaccine (Jab)



Wear a mask unless you are exempt.

<https://www.mencap.org.uk/sites/default/files/2020-08/All%20about%20face%20coverings.pdf>



Use the hand sanitiser.



Expect the person giving your vaccine to be wearing full PPE.



After the appointment, dispose of your mask safely and your wash hands.



This year it is especially important to get your flu jab to help protect you from getting flu and to help the NHS.