



# Do you have a learning disability?



**If yes flu may be serious for you.** Flu is an infection caused by germs. It causes things like fever, coughs and headaches.



A free **flu vaccine** is an injection for adults. You can get this at your GP surgery or community pharmacy.



Children from 2 to 17 years will have a nasal spray. They will get this at the GP surgery or school.



If you are scared of needles please tell the person giving you the injection.

