



# Having your Flu or COVID-19 vaccination? Do you need

**REASONABLE**

**ADJUSTMENTS**

**?**

You can find more information and resources at  
[www.necdnetwork.co.uk/work-programmes/  
reasonableadjustments](http://www.necdnetwork.co.uk/work-programmes/reasonableadjustments)



# Getting your Flu or Covid-19 vaccination

	<p>Lots of people may get COVID-19 or Flu this winter. They are both viruses that makes you feel ill.</p>
	<p>Some people with a learning disability are more likely to be very ill if they get COVID-19 or Flu.</p>
	<p>The best way to avoid getting the viruses is to have the COVID-19 and Flu vaccines. These are given as injections and are both free.</p>
	<p>You can get both your vaccinations from your GP Practice or at some local pharmacies.</p>
	<p>Some people with a learning disability will need reasonable adjustments to support them to have a successful vaccination.</p>
	<p>Remember to tell the GP Practice or pharmacy if you need reasonable adjustments.</p>
	<p><b>Find out more about reasonable adjustments at <a href="http://www.necldnetwork.co.uk/work-programmes/reasonableadjustments">www.necldnetwork.co.uk/work-programmes/reasonableadjustments</a></b></p>
	<p>If you are scared of needles, tell the nurse or pharmacist and they will support you.</p>
	<p>You will be contacted by the NHS to book an appointment when it is your turn</p>