



Going to My Flu Vaccination



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



You need to get your flu vaccination every year.



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



You can get your flu vaccination 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 what choices you have.

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



You can have someone to support you at your flu vaccine.



if you are worried about the flu vaccine, tell the person booking you in.



Talk about any worries with the person giving the vaccine. They will help to reassure you and discuss possible solutions to help with your concerns.



Be on time for your flu vaccine.

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Wear a mask if you can.



Use the hand sanitiser (gel) to keep your hands clean.



The person giving your vaccine may be wearing a mask and gloves.



After the flu vaccine use the hand sanitiser (gel) on your way out.



It is important to get your flu vaccine to help protect you from getting the flu.