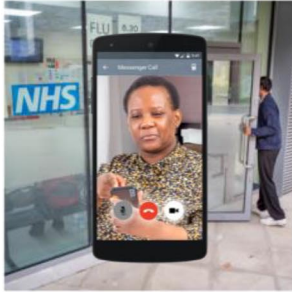
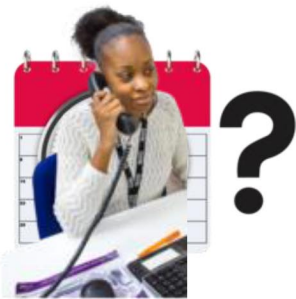




Going to get my flu jab



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 for free.



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

Going to get my flu jab



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



Usually the appointment won't take long.



If you have any worries about having your flu jab talk to your GP or pharmacist.



You can have someone to support you in your appointment.



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

Going to get my flu jab



Wear a mask unless you are exempt. This guide explains what face coverings are and how they should be used. [Click here](#)



Use the hand sanitiser.



The person giving you the flu jab will be wearing special clothes, that helps stop you and them from getting any infections.



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



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