

Dear GP or Pharmacist,

**I am eligible for a free flu vaccination. Please help me stay well this winter.**

All children and adults with learning disabilities and their carers (family member or paid supporter) are identified as eligible for a flu vaccine as part of the National Flu Immunisation Programme.<sup>1</sup>

Preventing flu can be particularly important for people with a learning disability. Flu can lead to pneumonia and sepsis, which many people with a learning disability are much more vulnerable to than the general population.<sup>2</sup>

People with learning disabilities are less likely to get the flu if the people around them have also been vaccinated. Family carers can get a free flu vaccination as well as health and social care workers.

Services should make changes that help people with learning disabilities have a flu vaccination. Reasonable adjustments are a legal requirement and may be required for a person with a learning disability who might not otherwise get the vaccination. These could be sending out an easy-read leaflet about why it is important to have a flu vaccination, offering a longer visit to someone who needs more time, or where appropriate, the nasal vaccine.

Whilst the nasal vaccine is not proven to be as effective as the injectable vaccine, it is better than not having the vaccine at all. See Public Health England guidance for more information<sup>1</sup>. Easy read literature about the flu vaccination is available through the National Development Team for Inclusion<sup>3</sup>

**Please support me to have my flu vaccination and share information about my eligibility as appropriate with your colleagues.**



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<sup>1</sup> <https://www.gov.uk/government/publications/flu-vaccinations-for-people-with-learning-disabilities/flu-vaccinations-supporting-people-with-learning-disabilities>

<sup>2</sup> [www.bristol.ac.uk/media-library/sites/sps/leder/LeDeR\\_Annual\\_Report\\_2018%20published%20May%202019.pdf](http://www.bristol.ac.uk/media-library/sites/sps/leder/LeDeR_Annual_Report_2018%20published%20May%202019.pdf)

<sup>3</sup> [www.ndti.org.uk/uploads/files/Flu\\_Injection\\_resource.pdf](http://www.ndti.org.uk/uploads/files/Flu_Injection_resource.pdf)