

# Do you have a learning disability?



You can have a **FREE Flu Vaccine**  
**Ask at Reception**

Flu can make you very ill and the vaccine will help protect you from getting flu.

It is given as an injection but if you won't have injections it can be given as a spray in your nose.

For more information please visit our website at  
[www.hertfordshire.gov.uk/ldmyhealth](http://www.hertfordshire.gov.uk/ldmyhealth)

