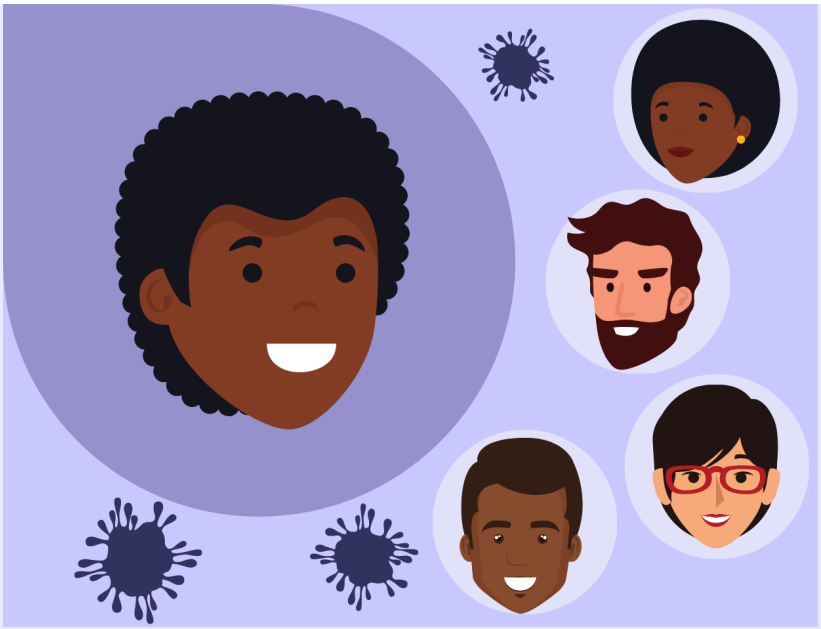
GETTING A FLU SHOT:

A SOCIAL STORY FOR PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

The flu is a virus that can make you very sick. A flu shot puts medicine in your body to protect you from getting very sick. This social story can help you understand why it's important to get a flu shot and what you can expect.



I want to protect myself and the people around me from getting sick from the flu.



I only need to get the flu shot once a year so I don't get very sick from the flu over the fall and winter months.

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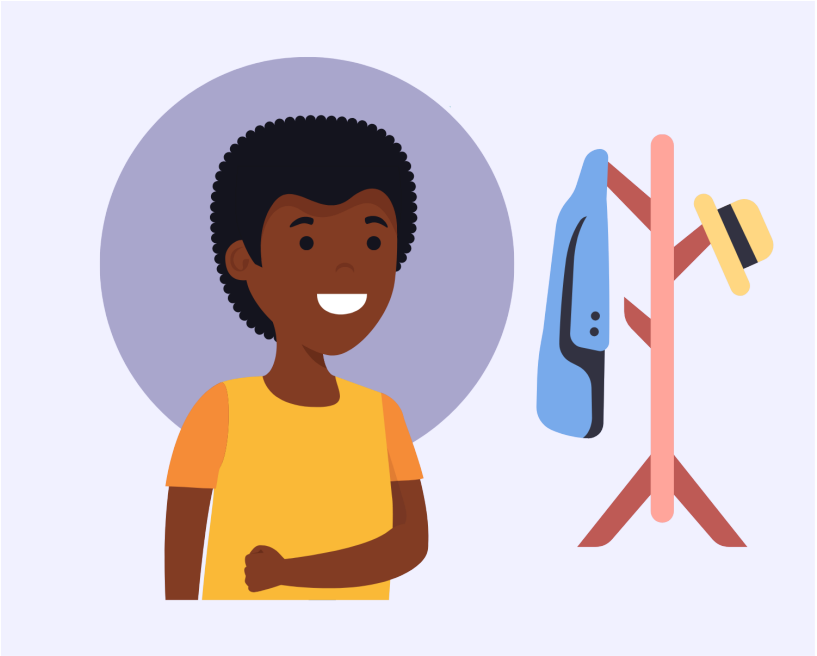
I can get a flu shot at the doctor's office, pharmacy, or supermarket.



I will bring my health insurance card. Someone who supports me may hold on to it for me.



The shot goes in my arm with a needle.



I will roll up my sleeve or take off my jacket when it is my turn.



I will need to relax and sit still.



I can look away from my arm and close my eyes if I am afraid.



I can also listen to music or talk to someone who supports me if I am scared.



The person giving the shot will wipe my skin clean first.



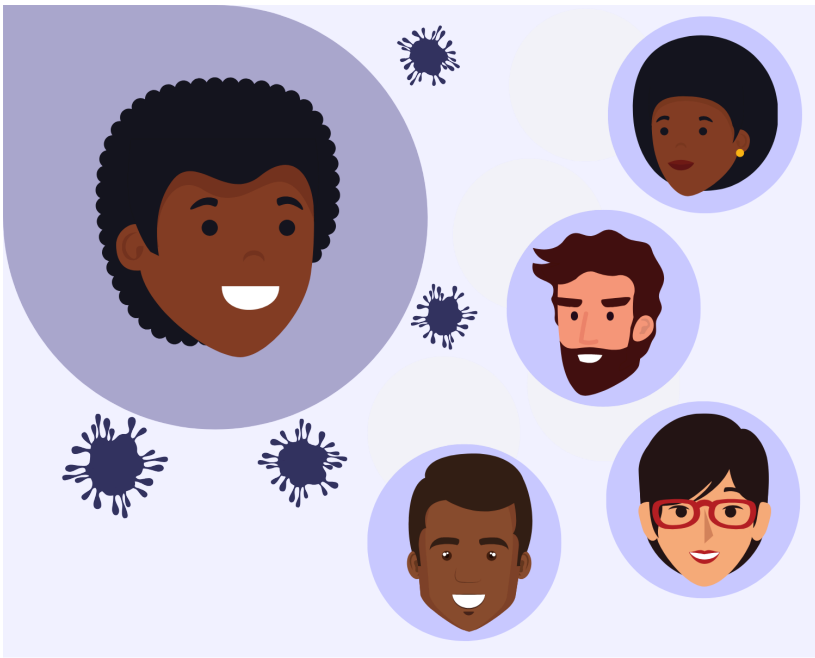
I may feel a pinch when the needle goes into my arm.



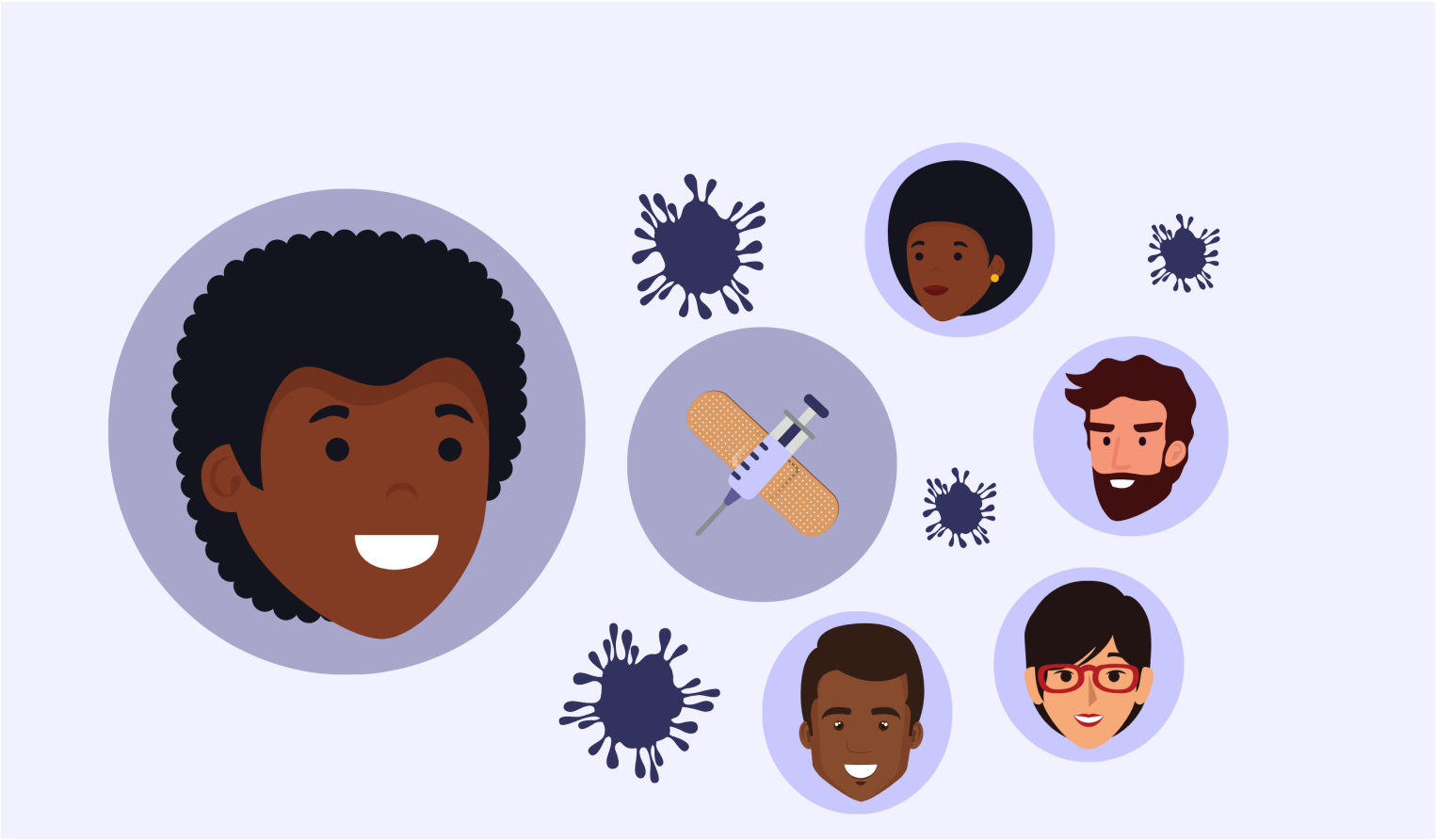
They will cover it with a band-aid, or tape and a cotton ball. Then I am done.



To keep healthy, I cover my coughs and sneeze to stop germs from spreading and wash my hands.



I want to keep myself and others health and safe from flu.



I want to keep everyone healthy and safe from the flu.

Looking for more information about the flu shot and why it's important to the disability community? Check out The Boggs Center's *Fight the Flu: It's Important to the Disability Community*: https://boggscenter.rwjms.rutgers.edu/resources/publications/fight-the-flu

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