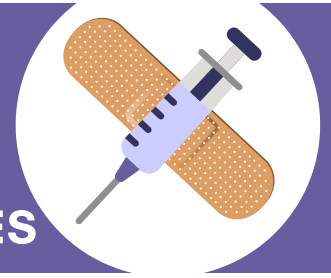


# GETTING A FLU SHOT:

## 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.



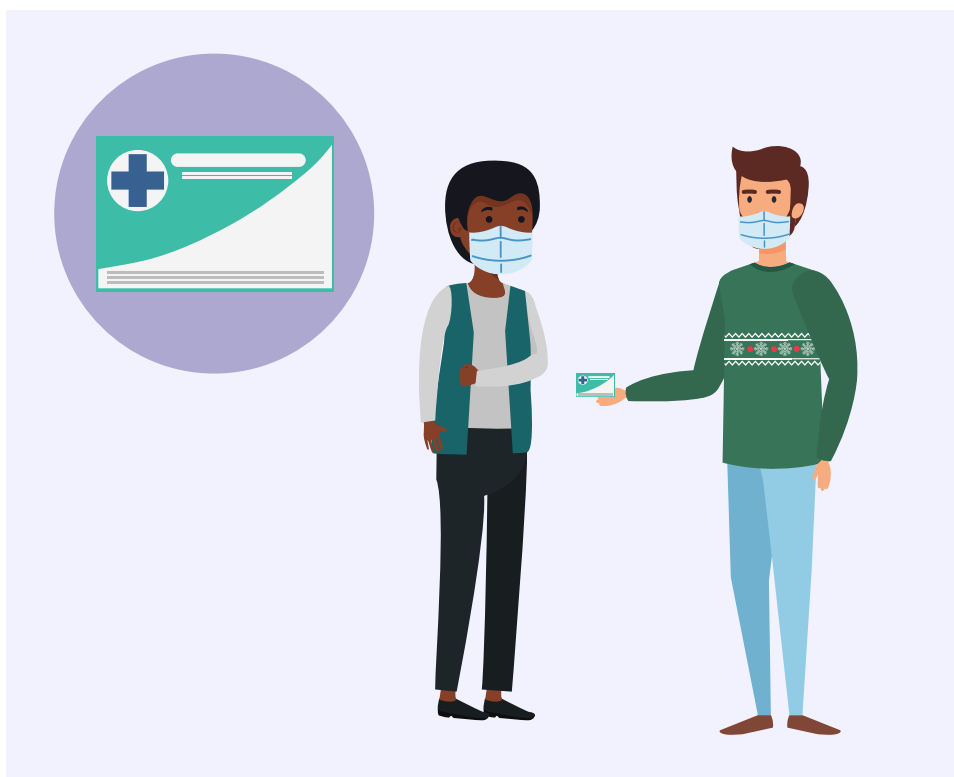
**I want to protect myself and the people around me from getting sick from the flu.**



**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.**



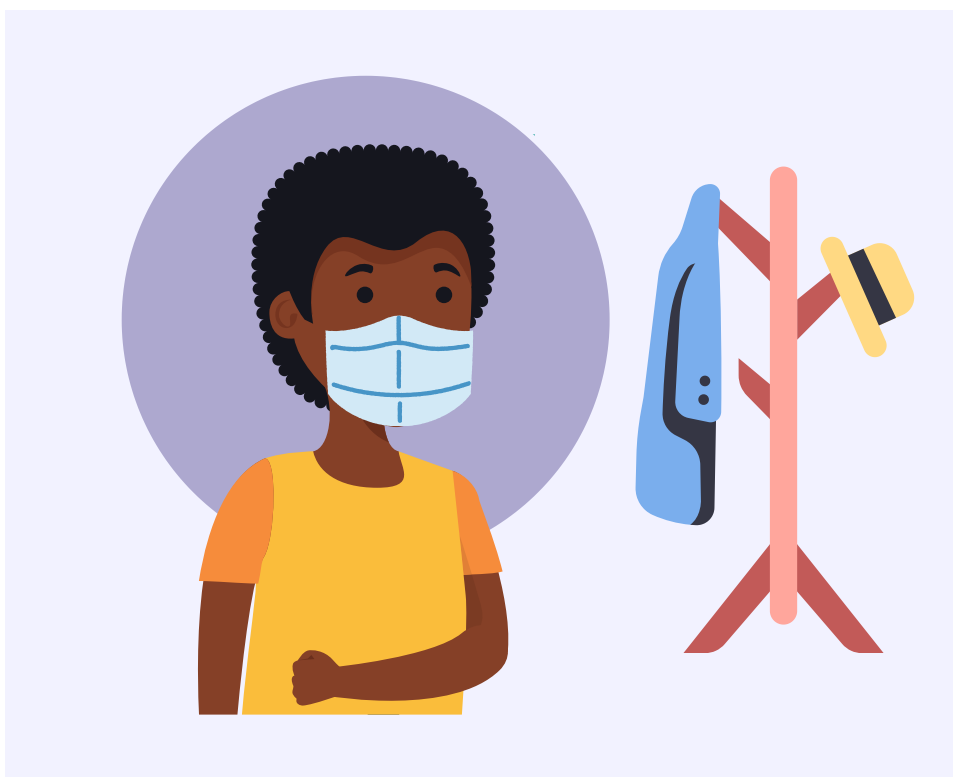
**I can get a flu shot at the doctor's office, pharmacy, or supermarket.**



**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.**



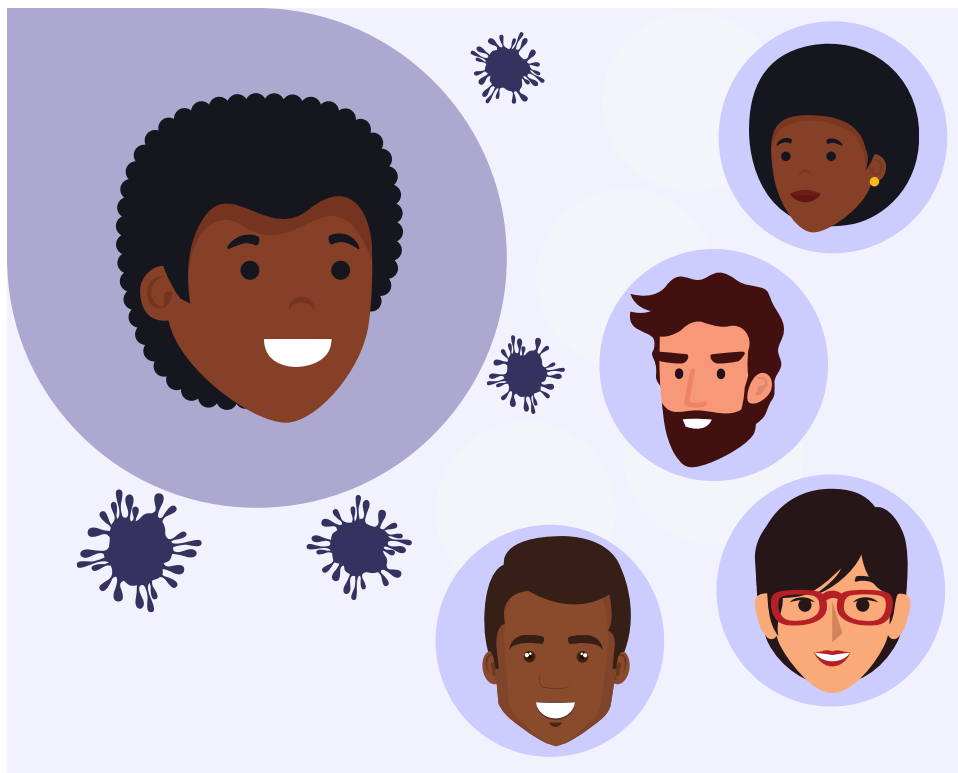
**I may feel a pinch when the needle goes into my arm.**



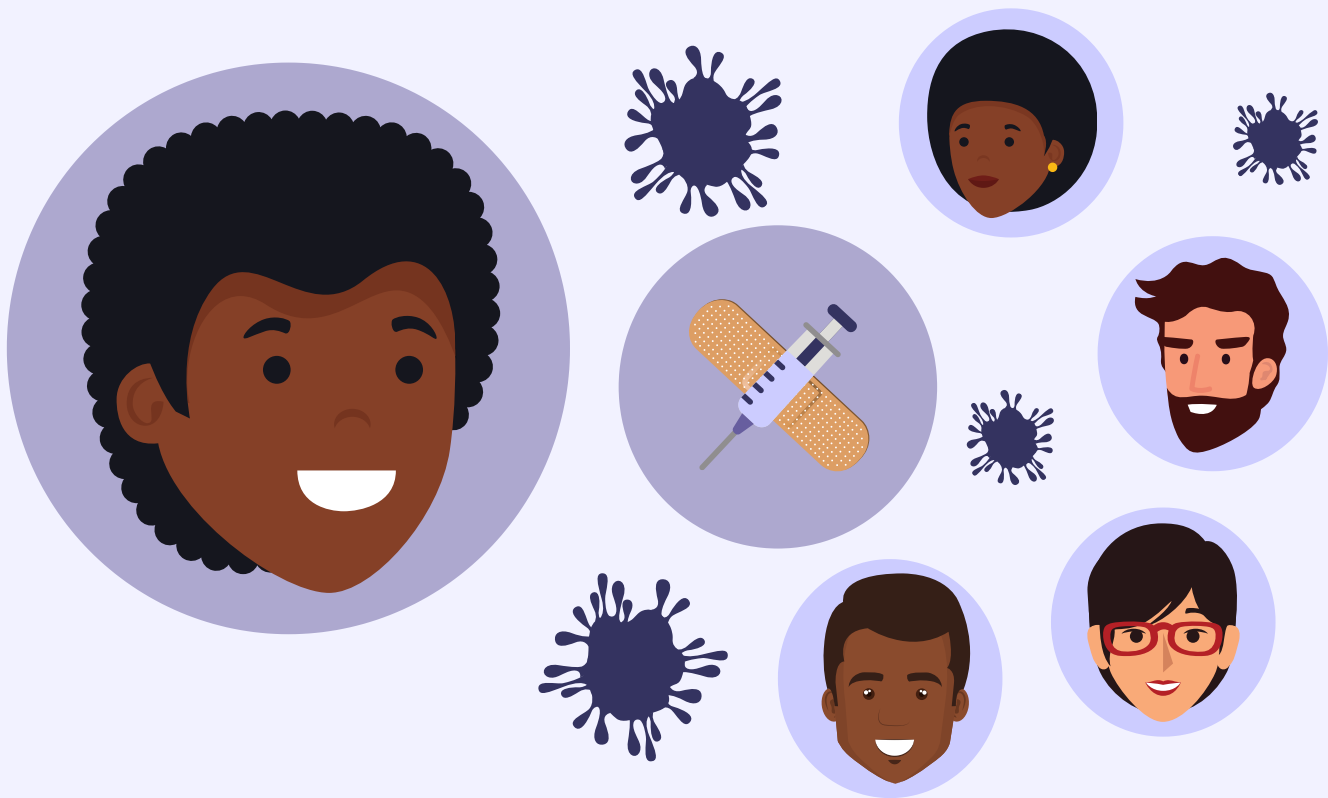
**They will cover it with a band-aid, or tape and a cotton ball.  
Then I am done.**



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



**I want to keep myself and others healthy and safe from flu.**



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

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**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://rwjms.rutgers.edu/boggscenter/publications/documents/FighttheFluDisabilityCommunity-F.pdf>

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