

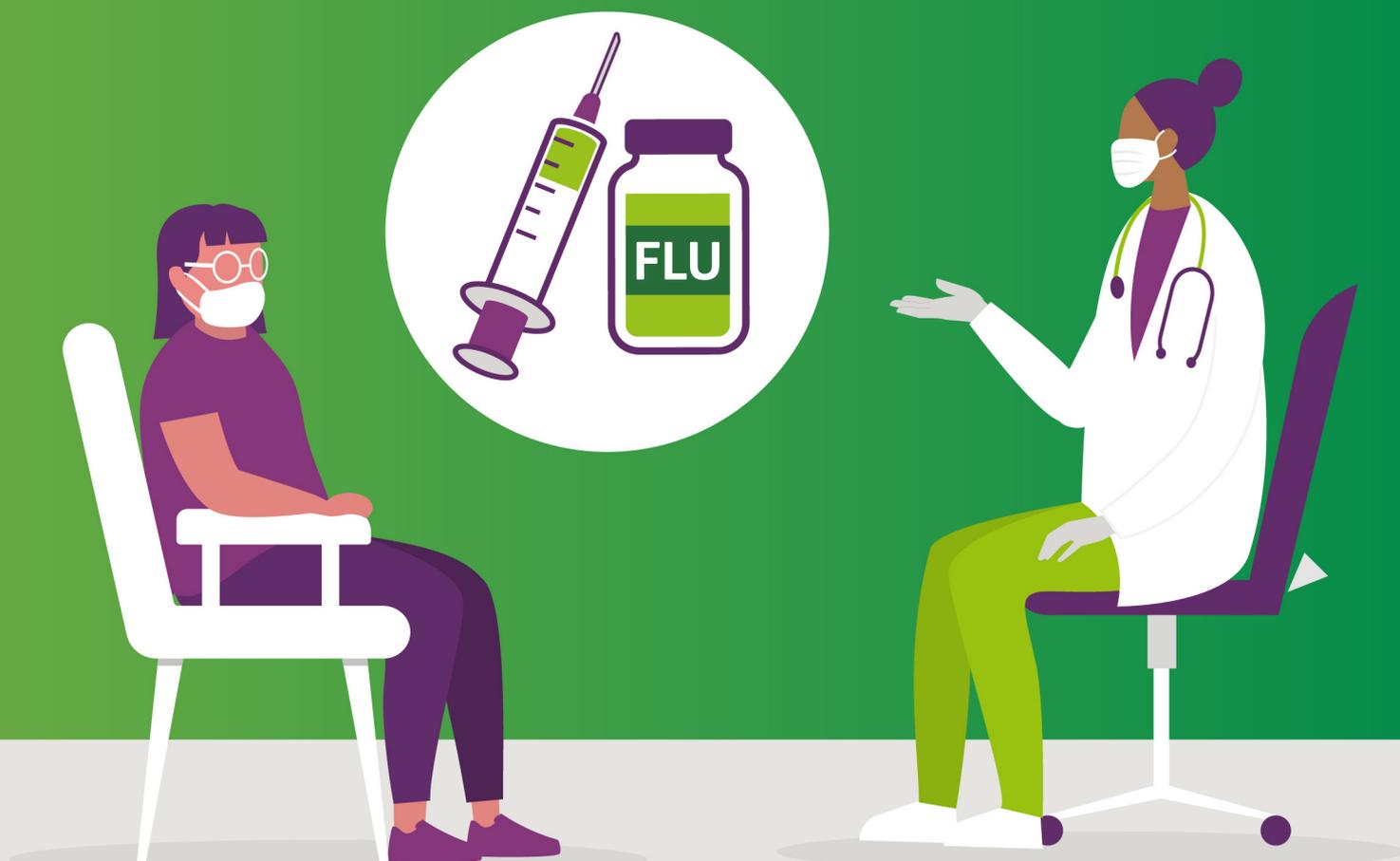


NDIS Quality
and Safeguards
Commission

The Influenza vaccine

What you need to know

Easy Read fact sheet



How to use this fact sheet



The NDIS Quality and Safeguards Commission (NDIS Commission) wrote this fact sheet.

When you see the word 'we', it means the NDIS Commission.



We wrote this fact sheet in an easy to read way.

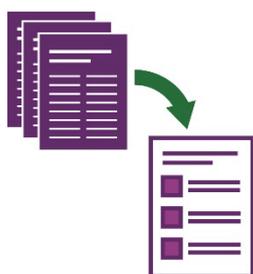
We use pictures to explain some ideas.

Bold
Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.



This Easy Read fact sheet is a summary of some information in a video.

This means it only includes the most important information.



You can find the videos on our website.

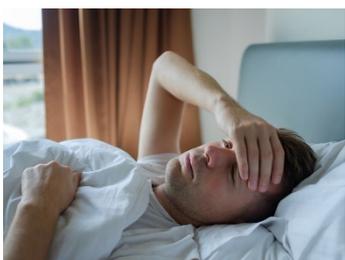
www.ndiscommission.gov.au/workerresources



You can ask for help to read this fact sheet.

A friend, family member or support person may be able to help you.

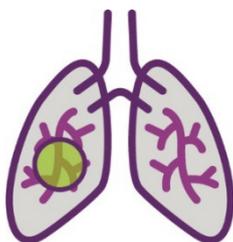
What is the flu?



Influenza (the flu) is a virus that can:

- spread quickly
- make you very sick.

When you catch the flu, you might have:



- trouble breathing



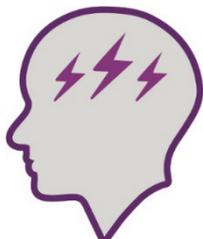
- a fever



- chills



- pain in your joints and muscles



- a headache.



You might also feel very tired.

If people with disability have the flu, they are more at risk of:



- going to hospital



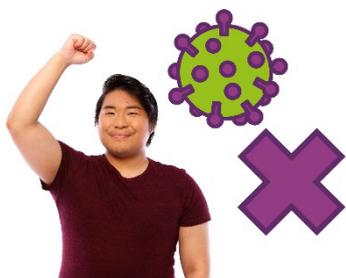
- getting very sick.



People with disability who live in homes with other people with disability are more at risk of getting the flu.

How can you stay safe from the flu?

A **vaccine** is medicine that:



- helps you fight a virus if you come in contact with it



- can stop you getting very sick from the virus.



People with disability are encouraged to get the Influenza (flu) vaccine so they don't get very sick.



But you must give **consent** to get the vaccine.

When you give your consent, you say it's okay to do something.



If you have someone who makes decisions for you, they can give their consent for you to get the Influenza (flu) vaccine.

Who can help you get the flu vaccine?



People who support you can help you get the Influenza (flu) vaccine.

People who support you can be:



- NDIS workers



- health care workers



- family members or friends



- other supports and services.



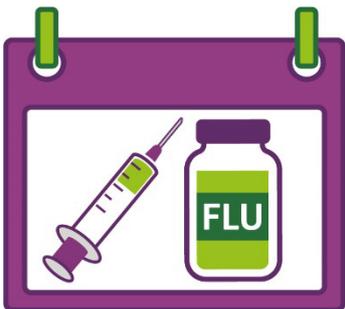
You can talk to people who support you about getting the Influenza (flu) vaccine if you:

- are worried about it
- have questions about it.



People who support you can go with you when you get your Influenza (flu) vaccine.

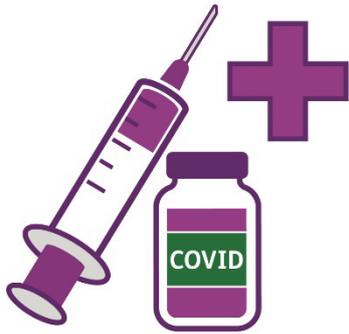
How often do you need to get vaccines?



You should get your Influenza (flu) vaccine each year.

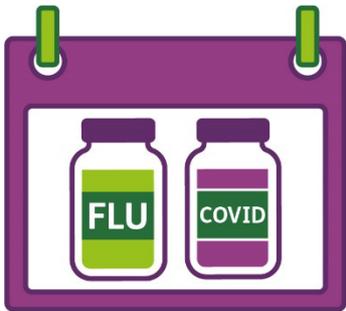


You should get your COVID-19 vaccine as soon as you can.



This includes a **booster dose**.

A booster dose is an extra dose of a COVID-19 vaccine.



You can get your Influenza (flu) vaccine and COVID-19 vaccine at the same time.

More information for you



If you want more information about the flu vaccine, you can go to our website.



www.ndiscommission.gov.au/workerresources

Contact us



You can call us from 9am to 5pm,
Monday to Friday.



If you live in the Northern Territory, you can
call us from 9am to 4.30pm.



1800 035 544



You can send us an email.

contactcentre@ndiscommission.gov.au



You can write to us.

NDIS Quality and Safeguards Commission
PO Box 210
Penrith
NSW 2750



You can go to our website.

www.ndiscommission.gov.au



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