

Easy Read



Mae Brechu yn achub bywydau  
Vaccination saves lives

# A guide to vaccinations for people with a learning disability

## Part 2: Getting a vaccine



GIG  
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Public Health  
Wales

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# About this guide



This is an easy read guide. You may need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what the words in blue mean on **page 23**.



This guide was written by:

- [Easy Read Wales](#)
- [Public Health Wales](#)
- and people with a learning disability as part of the [Vaccination Information Project](#).

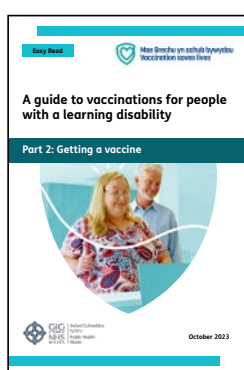


For more information about **vaccines** offered in Wales go to the Public Health Wales website: [phw.nhs.wales/vaccines](http://phw.nhs.wales/vaccines).



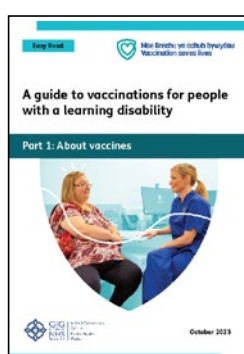
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This is **part 2** of our guide to **vaccination** for people with a learning disability. Part 2 explains:

- what getting a **vaccine** is like
- your rights to support
- and how to look after yourself after a **vaccine**.



Please read **part 1** too. Part 1 explains:

- what **vaccines** are
- how **vaccines** work
- and why **vaccines** are important.



**Vaccination** is the way we give someone a **vaccine**.

A **vaccine** is a medicine that helps your body fight diseases. It helps keep you safe from getting very ill.

Most **vaccines** are given by injection. Sometimes people call them **jabs**.



You can also watch our video about **vaccination** [here](#) or go to YouTube and search for:

**Public Health Wales: Rachel's story - getting a vaccine.**

# What is in this guide

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# Getting a vaccine

## Consent



You will be asked to give your **consent** to have a **vaccine**.

**Consent** means you agree to something.



The person giving your **vaccine** will check you **consent** to have the **vaccine**.



They will:

- Check you understand about having the **vaccine**.
- Give you the chance to ask questions.
- Ask you if you are ready and want to go ahead.



**Vaccines** are usually given as an injection in your arm. The flu **vaccine** can be given as a nose spray.



Many people feel worried about getting a **vaccine**.



They may be scared of needles and worry that the injection will hurt. This is normal.



Some people can find it hard to make an appointment to get their **vaccines**.



Some people can also find it hard to go to their appointment.



People may worry about being in new situations with people they do not know.



If you feel worried about getting your **vaccine**, talk to someone, like:

- a friend
- family member
- carer
- or healthcare professional.



You have a right to get the support you need to:

- go to your health appointments
- and get your **vaccines**.



# Reasonable adjustments and your rights



**Reasonable adjustments** are changes that services must make so everyone can use them. For example, putting ramps in buildings for wheelchair users, or giving information in easy read.



Healthcare services have a duty by law to make **reasonable adjustments**.



Healthcare services should value you. They should listen to your wishes, needs, and worries. Everyone is different, and people need different support.



You can speak to your carers and healthcare professionals about things that would make it easier for you to get your **vaccine**.



They can help you arrange your **reasonable adjustments** before your appointment.



**Reasonable adjustments** for your **vaccine** appointment might be things like:



- Asking for information in Easy Read.



- Having longer appointments, so you:
  - have time to talk to your healthcare professional
  - can ask questions
  - and are given time to understand what is going on.



- Getting a **vaccine** appointment at a quieter time. So the reception area is not so loud and busy.



- Asking if they have a quiet room to wait in.



- Asking to make sure you are not kept waiting too long.



- Taking a friend, family member, or carer with you for support.



**If you are worried or scared of needles, you can ask for things like:**



- A numbing cream for your arm. This is so you cannot feel the needle.



- Not to see the needle. You can ask them to put a screen around your arm.



- If you are having a flu **vaccine**, you may be able to get the nose spray instead.



- Taking something to your appointment to distract you, like:
  - earphones and music
  - a stress ball.



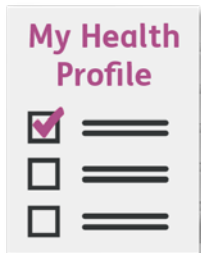
Think about what would make you feel comfortable at your **vaccine** appointment.



You can talk to your friends, family, carers, or healthcare professionals about this.



You can also use a **Health Profile**.



A **Health Profile** gives people information about you. The information will help them to give you:

- the right care and support
- at the right time.



You can download a [Health Profile](#) from the Public Health Wales website. There are instructions that explain how to fill it in.



You can use your Health Profile for any of your healthcare appointments. Not just for **vaccines**.

# Side effects



Some people worry about the **side effects** of **vaccines**.



**Side effects** are when you take a medicine and it makes you feel ill.



**Side effects** do not happen to everyone. **Side effects** can be unpleasant. They do not last long and are usually nothing to worry about.

## After having your **vaccine** injection, you might:



- Have redness and swelling where the injection was given.



- Have soreness where the injection was given for 2 to 3 days.



- Have a slightly high temperature.



- Have muscle ache.



- Feel more tired than usual.



If you get any **side effects** after your injection it can help to:



- Move your arm often.



- Use a cold damp cloth on your arm. This helps with redness or swelling.



- Take a painkiller, like paracetamol.



- Drink water often for 1 to 2 days after having your **vaccine**.



After having the flu nose spray you might:



- not want to eat as much as usual



- have a runny or blocked nose



- feel weak



- or have a headache.



You should contact your GP surgery or local pharmacy if:

- you are worried about your **side effects**
- your **side effects** are very bad
- or they last longer than 3 days.



Or you can contact NHS 111 Wales:

- **Through their website:** [111.wales.nhs.uk](https://111.wales.nhs.uk)
- **Or by phone:** 111 (Calls to 111 are free)



**Vaccines** are constantly checked for **side effects**.



The **Yellow Card scheme** collects information about **side effects** to make sure **vaccines** are safe.



You can report your **side effects** to the **Yellow Card scheme**.



You can do this by going to the Yellow Card scheme website: [yellowcard.mhra.gov.uk](http://yellowcard.mhra.gov.uk)



Or you can call them on: 0800 731 6789  
(Monday to Friday, 9am to 5pm)



The Yellow Card scheme website is not in easy read.  
You might want to get someone to help you.



If you have had bad **side effects** before, you can also talk to:

- your nurse
- or the person giving you a **vaccine**.



Remember that if you are worried about getting a **vaccine**, you can speak to:

- your GP
- nurse
- or healthcare professional.

They can help and support you.

# More information



Healthcare professionals are there to listen to you and support you. For example, your GP, nurse and pharmacist.

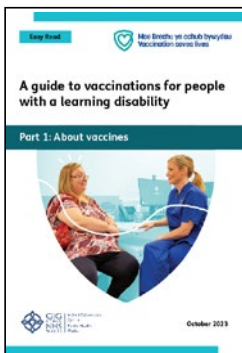


You can always talk to them if you need:

- more support
- information on **vaccines**
- information about having your **vaccinations**.



There is also easy read information about **vaccination** on the Public Health Wales website at: [phw.nhs.wales/vaccines](http://phw.nhs.wales/vaccines).



Please also read **part 1** of this guide. It will tell you more about what **vaccines** are and how they work.

# Hard words

## Consent

Consent means you agree to something.

## Reasonable adjustments

Reasonable adjustments are changes that services must make so everyone can use them. For example, putting ramps in buildings for wheelchair users, or giving information in easy read.

## Side effects

Side effects are when you take a medicine and it makes you feel ill. Side effects do not happen to everyone. Side effects can be unpleasant. They do not last long and are usually nothing to worry about..

## Vaccination

Vaccination is the way we give someone a vaccine.

## Vaccine

A vaccine is a medicine that helps your body fight diseases. It helps keep you safe from getting very ill. Most vaccines are given by injection. Sometimes people call them jabs.

Thank you to everyone that helped to make this guide. With special thanks to:

- Carmarthenshire People First
- Conwy Connect Forum
- Newport People First
- Learning Disability Wales
- Easy Read Wales
- Improvement Cymru

