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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