



Covid-19 is a virus, with symptoms similar to a cold or flu



Covid-19 vaccination protects people against Covid-19



You can ask someone you trust to support you with getting a Covid-19 vaccine



You will need to book a day and time to get your Covid-19 vaccine



You can book an appointment online at:  
[www.nhs.uk/get-vaccination](http://www.nhs.uk/get-vaccination).



You can watch videos about getting a vaccine at:  
<https://www.autismhampshire.org.uk/how-we-can-help/autism-and-health/covid-19-vaccination-champions/>



You can download **easy-read** Covid-19 information at:  
<https://www.autismhampshire.org.uk/how-we-can-help/autism-and-health/covid-19-vaccination-champions/>



You can email the Autism & Health team at:  
[autismhealth@autismhampshire.org.uk](mailto:autismhealth@autismhampshire.org.uk)