



# flu: 5 reasons to vaccinate your child



**1. Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

**2. Protect you, your family and friends.** Vaccinating your child will help protect more vulnerable family and friends

**3. No injection needed.** The nasal spray is painless and easy to have

**4. It's better than having flu.** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

**5. Avoid costs.** If your child gets flu, you may have to take time off work or arrange alternative childcare

## What should I do?

Contact your child's GP if your child was aged two or three years old (on the 31 August of the current flu season) and you haven't heard from them by early November.

If your child is at primary school or in year 7 of secondary school, the school will send you a leaflet and consent form. Please sign the form and return it.

If your child has a health condition that puts them at greater risk from flu, or lives with someone on the NHS Shielded Patient List, they can get the flu vaccine from their GP.

For more information visit [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)