

fu. 5 reasons

to have the vaccine

## 1. Protect yourself

The vaccine will help protect you against flu and serious complications such as bronchitis and pneumonia

# 2. Protect your family and friends

Having the vaccine will help protect more vulnerable friends and family

#### 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 worldwide and has an excellent safety record

#### 5. Avoid lost opportunities

If you get flu, you may be unwell for several days and not be able to do the things you enjoy

For more information visit www.nhs.uk/child-flu

Flu mmunisation

Helping to protect you against flu

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