

# 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 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 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

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

Flu  mmunisation

Helping to protect children, every winter