



Public Health
England

NHS

Is your child aged 2 or 3?* Help protect them from flu

Flu can be horrible for little children and if they get it, they can spread it around the whole family.

The flu vaccine is not an injection, just a quick and easy nasal spray.

It's also free. So don't put it off. Ask your GP about the free flu nasal spray for your child.

**STAYWELL
THISWINTER**

Flu  mmunisation

nhs.uk/staywell

*Born between 1 September 2013 and 31 August 2015



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