



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](https://nhs.uk/staywell)

\*Born between 1 September 2013 and 31 August 2015



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