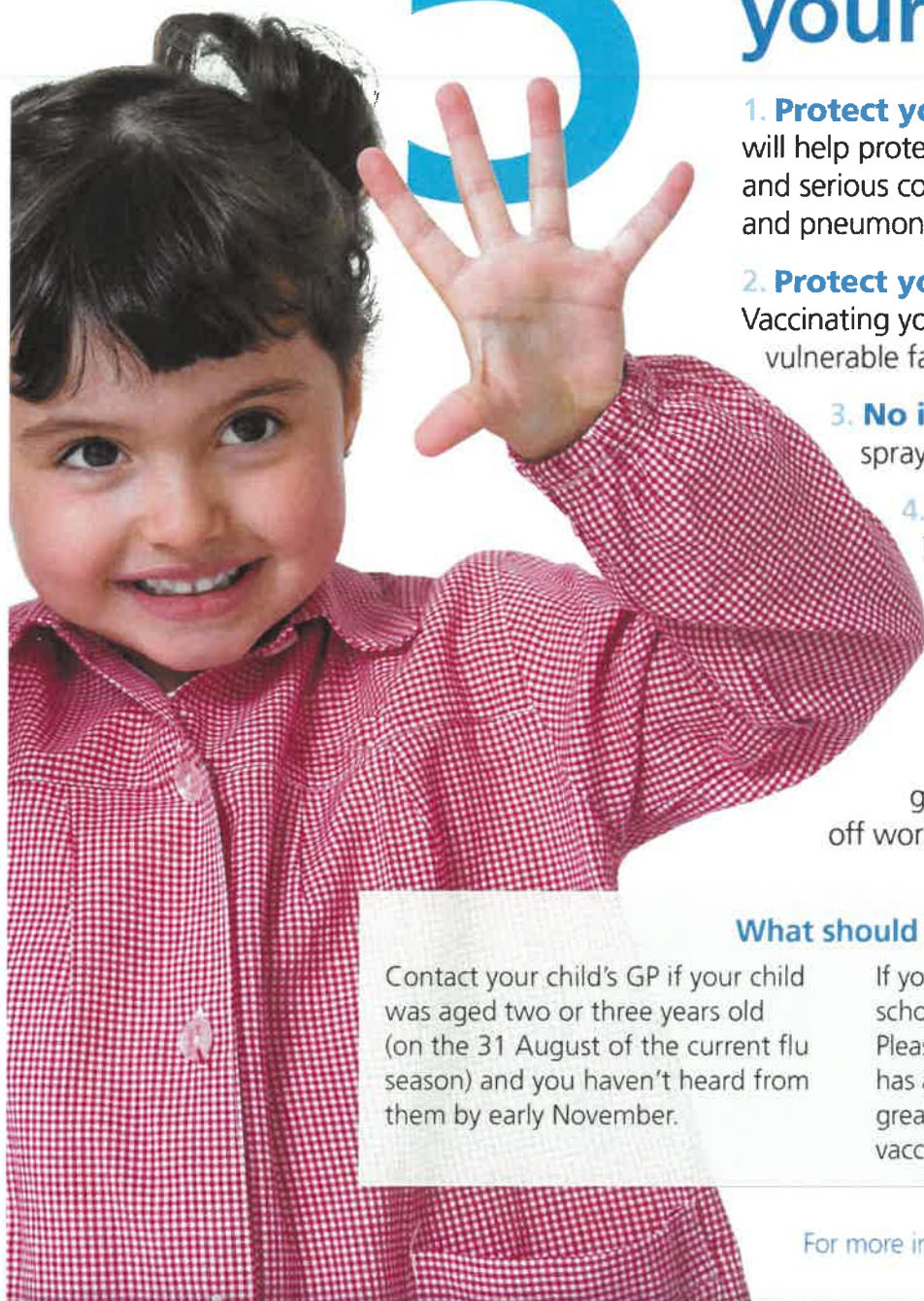




Public Health
England



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, the school will send you a consent form. Please sign and return it. If your child has a health condition that puts them at greater risk from flu, they can get the flu vaccine from their GP.

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

**HELP US
HELP YOU**

STAY WELL THIS WINTER

Flu  **immunisation**

Helping to protect children,
every winter

My Flu Spray

Today I am going to have my nasal flu spray.



The flu is a virus that can make you poorly.



Having the flu spray can help stop me from catching the flu and being poorly.



I will go to a room at school with one of my teaching assistants and will see the nurse.



There will be a yellow bin that the rubbish goes into. I am not allowed to touch this.



I will sit still for the nurse and wait for my flu spray.



The nurse will clean her hands with a special gel. This may smell funny.



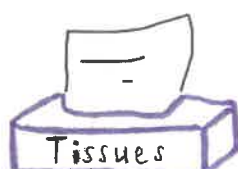
I will keep my head still and then the nurse will give me my flu spray into both of my nostrils.



I will sit very still. It will not hurt but it may tickle my nose. It will be done very quickly.



The nurse will give me a tissue to wipe my nose.



Then it is all finished and I can go.



I have been very brave.

