

# 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 and there's an injectable vaccine, if you prefer

## 4. It's better than having flu

The flu vaccine helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

## 5. It's free and avoids costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information speak with your healthcare professional or visit [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

**Flu**  **immunisation**

Helping to protect children, every winter