

Nasal Flu Vaccinations for 2-3 year olds

**HELP US
HELP YOU**

STAY WELL THIS WINTER

Who? All children aged 2-3 can get a nasal flu vaccine FREE

Where? From your own GP!

When? Every year! Even if you had it last year (flu viruses change every year) from October to February

How? A single spray into each nostril. It is PAIN FREE, your child can breathe normally while getting it!

Is it safe? YES. Flu vaccines have been given to children in the UK since 2013 and in the US since 2003. Millions of children have safely and successfully been vaccinated against flu.

THERE IS NO EVIDENCE THAT YOU CAN CATCH FLU FROM THE NASAL FLU VACCINE

Why? Children are more likely than adults to get complications from flu, including pneumonia. Flu spreads easily so getting them vaccinated helps to protect not only your child against it but also reduces the chance of it spreading to others, including parents and grandparents.

Children who get flu will miss Nursery, School and other clubs and activities.

What about COVID-19? People at risk from COVID-19 are also at risk from Flu so it's especially important this year to get the vaccine.

