

It's time for children to fight back against the flu.

Sessions are being held in your local area for 2-4 year olds to be immunised against the flu virus. Flu can be a very unpleasant illness for children. Getting immunised will protect them and others in your family who may be at higher risk of the flu.

Sessions are taking place in settings your children visit every day making immunising them very easy. **No injection is needed.** Immunisation comes in the form of a nasal spray which is painless and easy to administer.

To find out more please contact:

**Your local GP Practice,
Westfield Start Well Family Centre on 01942 776007 (option 2)**

Or visit

www.nhs.uk/conditions/vaccinations/child-flu-vaccine/

**HELP US
HELP YOU**

STAY WELL THIS WINTER



5 Reasons to have your child vaccinated

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
