



UK Health Security Agency

NHS

GET WINTER STRONG

**Get
vaccinated**

**Flu spreads more easily in
winter and can hit children hard.**

**A painless and easy nasal spray vaccine
will help to protect your child this winter.**

So if they do get flu, they may have milder
symptoms and recover faster. They're also
less likely to need hospital treatment.

**If your child is aged 2 or 3, contact your
GP practice now to book an appointment.**

