

# 5 reasons to vaccinate your child against flu

- There's now a safe and effective nasal spray vaccine to protect children aged two years and older against flu
- The vaccine is easy to give and painless and has been used safely in other countries for a number of years
- Flu can be a nasty illness that can lead to a stay in hospital, especially for children with other medical conditions like heart disease and diabetes
- If your child gets flu they won't be able to go to school/nursery for several days and will need to be cared for at home. You may have to take time off to look after them
- Protecting your child can stop the flu spreading to other children he/she may come into contact with, and to the rest of the family, in particular to grandparents, who may be at particular risk from flu.

### What should I do?

If your child is two, three or four years of age, your GP will contact you to arrange a vaccination appointment. If you haven't heard by the middle of October contact your surgery to request an appointment.

For more information visit: [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)