

# Flu: five reasons to have the vaccine



## 1. Protect yourself

The vaccine will help protect you against flu and serious complications such as bronchitis and pneumonia

## 2. Protect your family and friends

Having the vaccine will help protect more vulnerable friends and family

## 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 worldwide and has an excellent safety record

## 5. Avoid costs

If you get flu, you may be unwell for several days and not be able to do the things you enjoy.



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