

# flu: 5 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

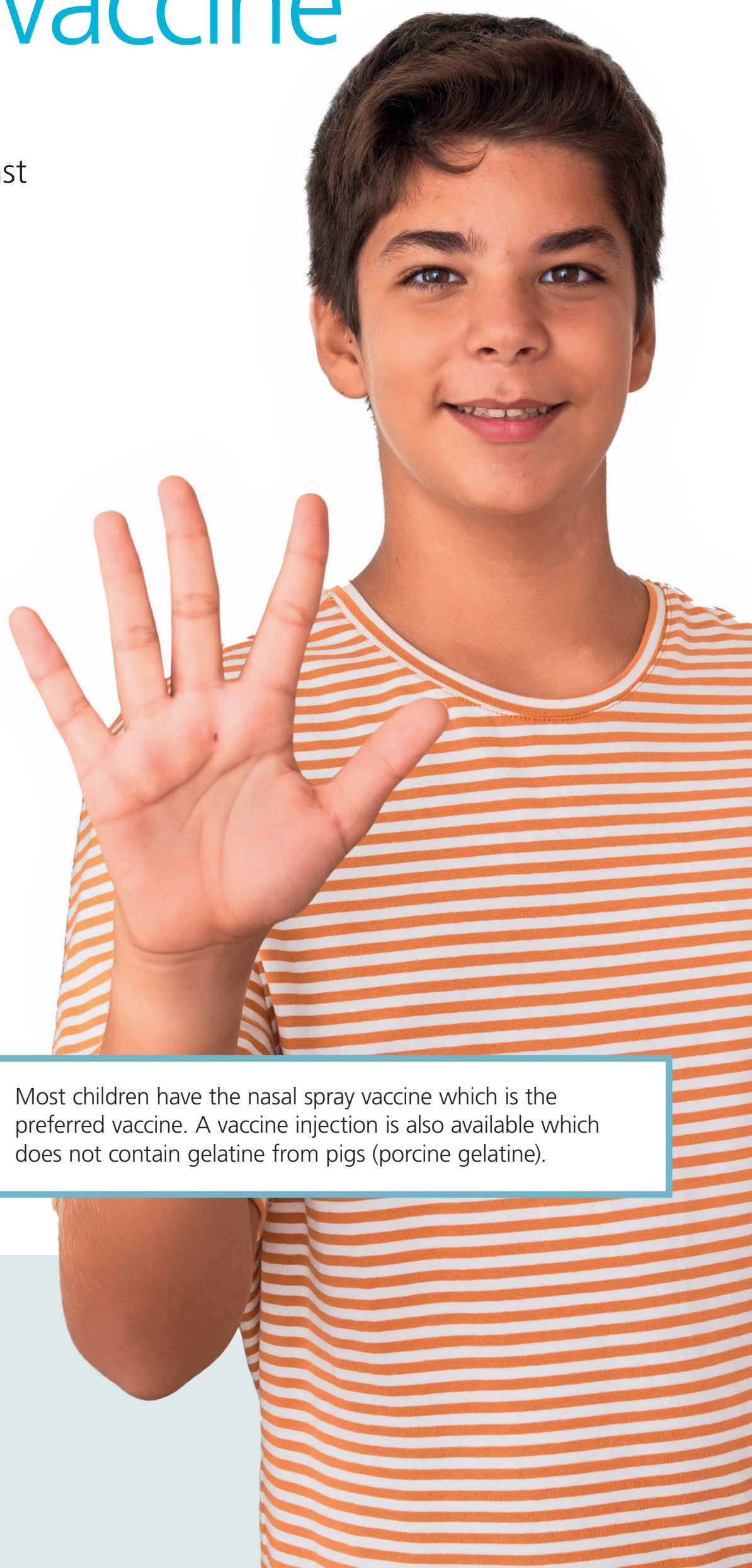
The nasal spray is painless and easy to have

## 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 lost opportunities

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](https://www.nhs.uk/child-flu)

Most children have the nasal spray vaccine which is the preferred vaccine. A vaccine injection is also available which does not contain gelatine from pigs (porcine gelatine).

**Flu**  **mmunisation**

Helping to protect you against flu