



Public Health
England

NHS

Is your child aged 2-3? See us to help protect them from flu.

Flu can be horrible for little children and if they get it, they can spread it around the whole family.

Contact your GP surgery for the free flu vaccine.

It's usually not an injection, just a quick and easy nasal spray.

nhs.uk/flu vaccine

**HELP US
HELP YOU**

STAY WELL THIS WINTER

All those aged 2 and 3 (but not 4 years or older) on 31 August 2018.

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**Rachel Keith,
Registered Nurse**