



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.**

