



Public Health
England

NHS

Got a child aged 2, 3 or 4?

Flu can be serious
for young children.

Help protect them from
flu with one simple
nasal spray. It's free,
fast and painless.

Don't put it off. Take up the offer
from your GP as soon as you can.

**STAYWELL
THISWINTER**

nhs.uk/staywell



Lorna Cousins, Nurse