5 reasons to vaccinate your child against flu

- The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record.
- The nasal spray is painless and easy to have.
- Flu can be really serious, especially for children with medical conditions like heart disease and diabetes.
- If your child gets flu you may have to take time off to look after them.
- Protecting your child can stop flu spreading to other children and the family, especially babies and grandparents, who may be at higher risk from flu.

For more information visit: www.nhs.uk/child-flu

What should I do?
This year all 2-, 3- and 4-year-olds and children in school years 1, 2 and 3 are being offered the free flu vaccination. You will be contacted to let you know where your child will be vaccinated.

* In some parts of the country, all primary school-aged children will be offered the vaccine.
Get FLU SAFE

"Over 65? Flu can kill and vaccination is the best protection."
If you are over 65, you should have a jab every year. It’s quick, safe and free.
Contact your GP or pharmacy today.

www.warwickshire.gov.uk/flu
www.coventry.gov.uk/flujab

FLU FACT
The flu jab can’t give you flu
Get **FLU SAFE**

"Diabetes? Heart or chest complaint? Liver, kidney or neurological disease?"

Catching flu is the last thing you need. It can lead to complications like pneumonia.

The flu jab is quick, safe and free, and is the best way to protect yourself from flu. Contact your GP or pharmacy today.

[www.warwickshire.gov.uk/flu](http://www.warwickshire.gov.uk/flu)  
[www.coventry.gov.uk/flujab](http://www.coventry.gov.uk/flujab)  

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**FLU FACT**

The flu jab can’t give you flu.
Get FLU SAFE

“Is your child at risk from flu?”

If your child has a health condition, catching flu is the last thing they need. Vaccinations are free for children aged 6 months upwards with certain health conditions including diabetes and severe asthma.

Book in with your GP today.

www.warwickshire.gov.uk/flu
www.coventry.gov.uk/flujab

FLU FACT

The flu jab can’t give you flu
Everything you need to know about flu vaccines!

**Pregnant?**
The flu jab will not harm your baby - in fact it protects both of you.

**Health condition?**
Getting the flu can be more serious if you have asthma, diabetes, or a heart, chest, liver, kidney or neurological condition. People with learning disabilities and who have a body mass index over 40 are also at risk.

**Children**
A nasal vaccination is available for all children aged 2 and 3 years old on August 31 2018 through their GP (i.e. those born between 1 Sep 2014 and 31 Aug 2016). All children in Reception and Years 1 - 5 will be offered a vaccination through school. A flu jab is also available for children from the age of 6 months with a chronic health condition.

**65 and over?**
You need a flu jab every year as the virus changes.

**H1N1**
The flu jab will protect you from the H1N1 virus.

**Are you a carer?**
Get a free vaccine if you receive a carer’s allowance, or are the main carer of a person whose welfare may be at risk if you fall ill.

**Weakened immune system?**
Flu can be fatal if you are already suffering from a weak immune system.

Contact your GP or Pharmacy today.

www.warwickshire.gov.uk/flu
www.coventry.gov.uk/flujab
Coventry City Council
NHS
Warwickshire County Council
Get FLU SAFE

“You’d do everything you can to help protect your baby.”

People often don’t realise that flu can be a serious illness. If you’re pregnant, you and your baby are more at risk of flu complications.

A flu jab is quick, safe and free. Contact your GP, pharmacy or midwife today.

www.warwickshire.gov.uk/flu
www.coventry.gov.uk/flujab

FLU FACT
The flu jab can’t give you flu
Do you need the flu vaccine?

**Asthma/Lung Disease?**
Flu can make your symptoms worse.

**Heart disease?**
Heart patients are four times more likely to have a heart attack after an infection like flu.

**Liver disease?**
Your immune system may be weakened, making you more likely to catch flu.

**High BMI?**
If you have a Body Mass Index (BMI) of 40 or above, you should make sure to have your flu jab.

**Weakened immune system?**
Lowered immunity, for example from steroid medication, cancer treatment, problems with the spleen/no spleen, makes you less able to fight infection and recover from flu.

**Diabetes?**
Flu can cause blood glucose levels to rise, and lead to uncontrolled diabetes.

**Neurological disease?**
Patients with conditions such as Parkinson’s and Motor Neurone Disease are among those at highest risk of dying from flu.

**Kidney disease?**
Get a free vaccine if your immune system may be weakened, even if you feel well, making it harder to fight off and recover from flu.

Contact your GP or Pharmacy today.

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www.coventry.gov.uk/flujab

Warwickshire County Council
NHS