



Public Health  
England

**NHS**

# Got a child aged 2, 3 or 4?

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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.

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**STAYWELL  
THISWINTER**

[nhs.uk/staywell](https://nhs.uk/staywell)



Lorna Cousins, Nurse