

# Don't let your children get caught out this winter.

## Give them the proper protection.

We're getting in touch with parents to let them know about the flu vaccine.

School nurses will soon be offering children the flu vaccine, but they need your consent to make sure your child gets protected.

The flu is an unpleasant virus that can make some people seriously ill.

For children, the flu can cause things like tummy pains, headaches, and tiredness.

The flu vaccine is offered to children every year. It's safe and effective, and is offered as a nasal spray.

Children spread the flu really easily, so getting them vaccinated can help protect others including young babies and older relatives.

**Ready to give consent?** You can give permission for your child to receive the flu vaccine by visiting [www.nelincs.gov.uk/flu](http://www.nelincs.gov.uk/flu).



**Protect  
your  
children  
against flu**

