

#DOYOURBIT flu: 5 reasons to have the vaccine

1. Protect yourself

The vaccine will help protect you against flu and serious complications such as bronchitis and pneumonia.

2. Protect your family & friends

Having the vaccine will help protect more vulnerable friends and family.

3. No injection needed

The nasal spray is painless and easy to have.

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions worldwide and has an excellent safety record.

5. Avoid lost opportunities

If you get flu, you may be unwell for several days and not be able to do the things you enjoy.

#getthefluvaccine

www.nhs.uk/flu vaccine

