**Written copy for website or Facebook**

**Don’t let flu spoil their fun – protect your child with the free nasal spray flu vaccine**

This autumn, your little one has a superpower waiting for them – and it’s just a spray away!

All children aged 2 and 3 years are eligible for a free NHS flu vaccine, given as a quick, painless nasal spray. No needles, no fuss – just a powerful shield to help protect them from flu.

Flu isn’t just a cold in disguise – it’s a serious illness that can:

* Cause high fever, sore throat, cough and extreme tiredness
* Lead to chest or ear infections
* In some cases, result in hospital stays for young children

Young children are particularly vulnerable, but with the nasal spray vaccine, they can fight off flu and get back to being little superheroes.

**Why young children should have the nasal spray:**

* Flu spreads quickly, especially among children who can pass it on to family and friends
* The nasal spray is safe, fast, and completely needle-free
* Having a child off nursery with flu can be disruptive for working parents

The flu virus changes every year, which is why children need the vaccine even if they had it last year. By vaccinating your child, you’re not just protecting them, you’re helping to protect the whole family, including grandparents, siblings, and others who are more vulnerable.

**How to get your child vaccinated**

If your child is aged 2 or 3 (on 31 August 2025), they can have the flu spray:

**At our practice:**We’ll contact you when it’s time to book. You can choose:

* A pre-booked appointment, or
* Attend one of our fun, themed drop-in clinics (details coming soon!) <<delete if not applicable>>

Prefer to book now? Call us on <<insert phone number>> or speak to reception.

**At a pharmacy:**Some pharmacies are offering the nasal spray for 2 and 3 year olds this year.  
  
If your child is in primary school, look out for a letter from the school immunisation team. Remember to fill in and return the consent form to make sure they’re protected.

**What about younger or high-risk children?**

Children from 6 months of age with certain long-term health conditions may also be eligible for a flu vaccine. For children aged under two, the vaccine is given as an injection, not a nasal spray.

If you're unsure whether your child qualifies, please contact us and we’ll be happy to advise.

**Got questions?** We're here to help. If you’d like to talk to someone about the flu vaccine, please get in touch.