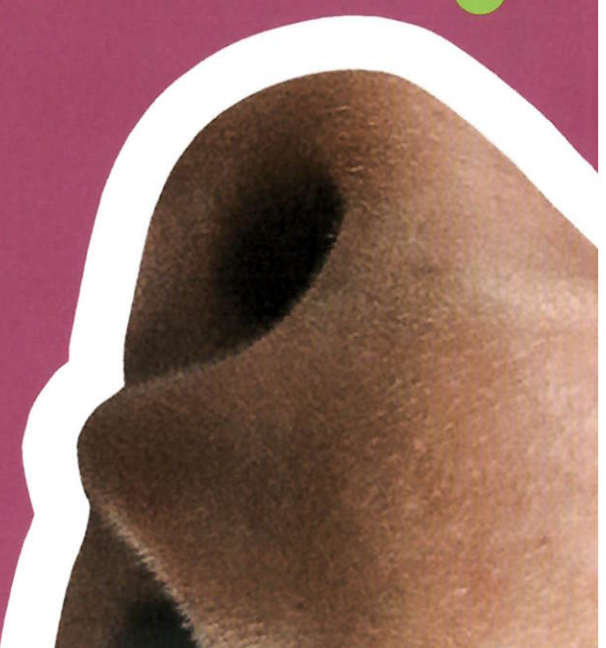


scoosh.

The flu vaccine is the safest and easiest way to help protect your child, and it's completely painless. All it takes is a wee scoosh up the nose.

Flu can be serious, so if your child is aged between 2 and 5 (and not yet in school), look out for their vaccination letter in the post from the NHS.

Find out more at
nhsinform.scot/childflu
or scan the QR code.



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