

ITS NOT TO LATE TO GET YOUR FLU VACCINATION

It is given by a painless nasal spray and offered to all school children up to and including year 11.

An injectable porcine free vaccination is also available for children who require this alternative.

Call the Liverpool Immunisation team on 0151 295 3833 to book a Saturday clinic appointment or an appointment during half term.

Clinic dates

- | | |
|---|----------------------------|
| • Princess Park Health Centre L8 0SY | 30 TH September |
| • Kensington Neighborhood Health Centre L7 2PF | 14 TH October |
| • Childwall Neighborhood Health Centre L16 7QQ | 28 TH October |
| • South Liverpool Treatment Centre L19 2LW | 11 TH November |
| • Townsend Lane Neighborhood Health Centre L6 0BB | 9 th December |
| • Childwall Neighborhood Health Centre L16 7QQ | 16 TH December |

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 and 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

