

# Did you know it's FREE to protect your 2-3 year old against flu?

Flu can be serious for little children and if they get it, they can infect others.

Protect your child and those around them by getting their FREE nasal spray from your GP.

For more info, search NHS flu vaccine



**HELP US  
HELP YOU**

STAY WELL THIS WINTER

# Think your pharmacist can only help with coughs and colds?

Your local pharmacists are experts in medicines who can help with lots of minor illnesses, from skin rashes to earache and flu.

Many pharmacies are open late and offer private consultations, no appointment necessary.

Search 'NHS pharmacy advice' for more info



**HELP US  
HELP YOU**

BEFORE IT GETS WORSE