

As our babies grow into curious toddlers, we do everything we can to keep them safe, baby-proofing the house, strapping on helmets for bike rides, and choosing the right car seat for peace of mind on the road.

Keeping them up to date with their vaccines works in the same way. Vaccines are a safe and effective way to protect your child from serious illness.



### Why winter vaccines matter

Children can easily catch and spread illnesses. Particularly during winter, when it gets colder and we spend more time indoors. Flu can be an extremely serious illness even for healthy children, sometimes leading to complications like bronchitis or pneumonia. Every year, thousands of children in the UK end up in hospital because of it.

The flu vaccine helps protect your child, makes symptoms milder if they do catch it, and reduces the chance of hospital visits. It also helps protect vulnerable family members like grandparents and those that can't get vaccinated such as unborn babies, newborn babies and anyone with a weakened immune system.

### How will my child get their winter vaccines?

For children aged 2–3 the flu vaccine is available as a quick and painless nasal spray in each nostril at your GP practice. The nasal flu vaccine contains a form of gelatine (porcine gelatine). If you prefer a vaccine without gelatine, an injectable option is available. The flu injection may also be more suitable for children with allergies and other medical conditions.

It's important that vaccines are given on time for the best protection, but it's never too late to catch up on missed doses. Check your child's Red Book or contact your GP practice for advice or an appointment.



For more information about childhood vaccinations search: **NHS GM Winter vaccinations** or visit

[www.gmintegratedcare.org.uk/winter-vaccinations](http://www.gmintegratedcare.org.uk/winter-vaccinations)

If you would like this information in another format or translated into a different language, please email [gmhscp.gm-campaigns@nhs.net](mailto:gmhscp.gm-campaigns@nhs.net).

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**NHS**

Greater Manchester



# Keep them learning

Vaccines are the best way to  
keep you and your family safe

Keep them **protected** this winter

# CHILDHOOD VACCINATION TIMELINE

