



**Isle of Man  
Government**

*Reiltys Ellan Vannin*

# 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

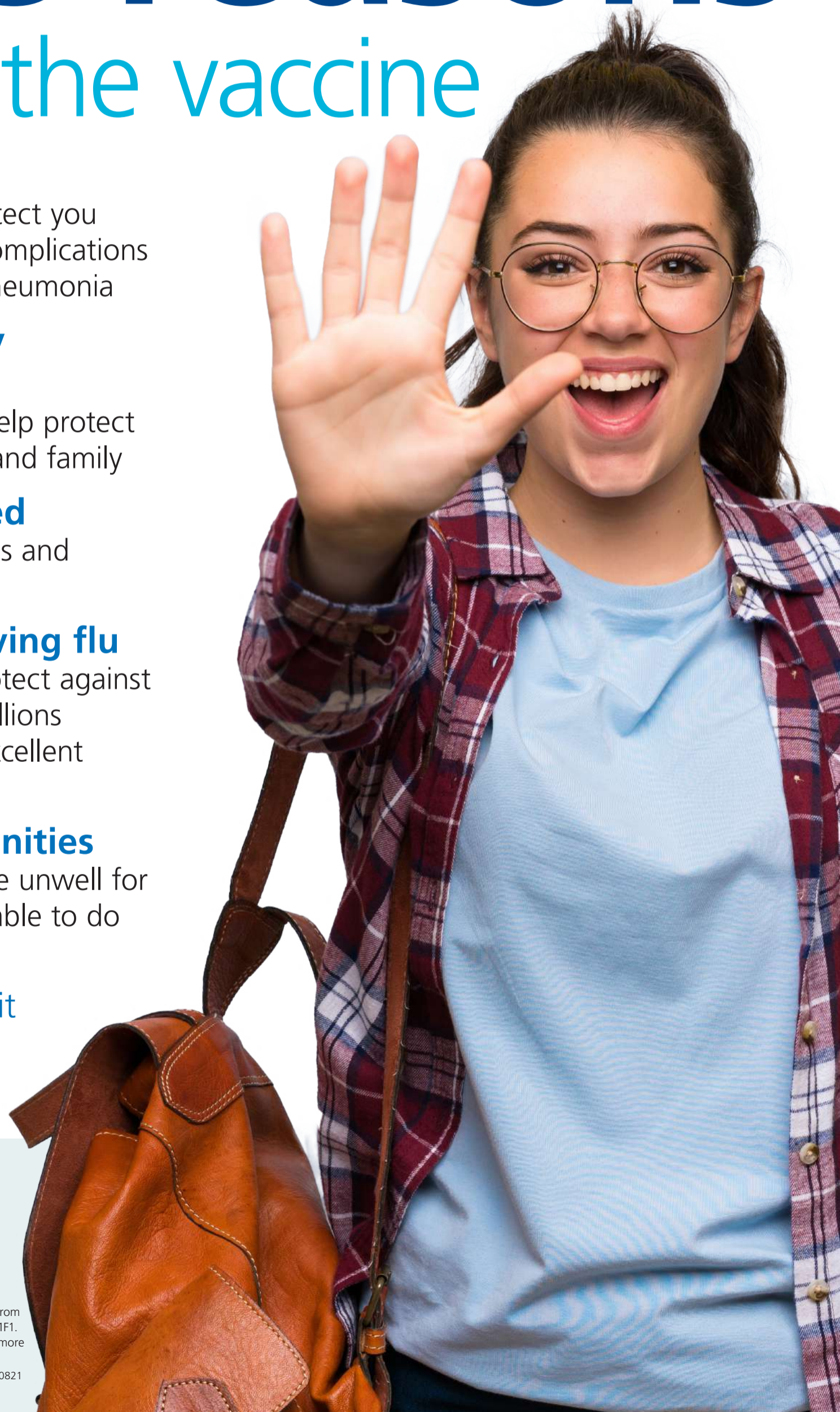
## 4. It's better than having flu

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

For more information visit  
[www.gov.im/flu](http://www.gov.im/flu)



**manx care**

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