

FLU VACCINE CATCH-UP CLINICS

Time is running out to vaccinate your child with this season's flu nasal spray*.

The flu vaccine reduces the risk of serious illness and will top up their protection even if they've been vaccinated before.

Drop into one of our Essex catch-up clinics for primary and secondary aged children:

16 December, 10am – 2pm

Thurrock Hospital (Thameside House), Thurrock.

21 December, 10am – 2pm

The Hermit Youth Centre, Shenfield Rd, Brentwood
CM15 8AG.

(Please note no parking available on site Please park at Brentwood Sainsbury's and walk to the Youth Centre).

**No booking required.
Just walk in.**

***flu injection is offered as an alternative to the nasal spray**

#DOYOURBITESSEX

