

Health for Teens- Nasal Flu Vaccination Video

Let's play things that are good to put up your nose.

A crayon? No.

A penny? No.

A goldfish? No.

A smartphone? No!

How small is your phone? How big is your nose?

Anyway, a piece of chocolate? No.

A pirate ship. No.

A nasal flu vaccine. Yes, we have a winner. But why? Because it's amazing.

It won't stop you getting spots.

It won't make your crush like you back.

It won't kill your romance with cupcakes.

It won't even give you perfect grades, but it will help stop you from getting flu, which is great because you could really do without feeling sweaty and sneezing and shivery for ages, which would be another thing to deal with.

It gives you a tiny dose of virus that's been weakened to stop it making you ill.

It'll power up your immune system to fight flu viruses, which makes your body a little bit more awesome.

Yes, science!

You don't even need a needle. It's just a spray. All you need is a quick squirt up each nostril.

It may tickle but your nose and eyes won't run for long. And it's not an excuse to bunk off school.

And that's why it's a good thing to put up your nose.

You'll get asked a few questions at first like, what is your name?

When is your birthday?

Are you allergic to things?

If you don't know, find out.

You'll also be asked if you're pregnant or breastfeeding.

If you are, say yes, if you're not, say no.

Just don't be offended. They have to ask everyone, even boys.

Then you can squirt and sniff a couple of times and tick another thing off your list of stuff you don't need to care about this winter.

Boom.

So don't put a crayon, a goldfish, or whatever in your nose.

Put the nasal flu spray there instead.

It just makes sense.

And now you know, pass it on, the info, not the flu, obviously.