



Public Health  
England

**NHS**

# Protecting your child against **flu**

Information for parents

**Flu immunisation in England**



**HELP US  
HELP YOU**

STAY WELL THIS WINTER

Flu **i**mmunisation

Helping to protect children,  
every winter

## Flu vaccine is offered free each year to:

- children aged two or three years old (on 31 August of current flu season)
- all primary school-aged children

and:

- children with a health condition that puts them at greater risk from flu

Further information on which children are eligible each year can be found at:

[www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

## Why should my child have the flu vaccine?

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Flu can be a very unpleasant illness in children causing fever, stuffy nose, dry cough, sore throat, aching muscles and joints, and extreme tiredness. This can last several days or more.

Some children can get a very high fever, sometimes without the usual flu symptoms, and may need to go to hospital for treatment. Serious complications of flu include a painful ear infection, acute bronchitis, and pneumonia.

## What are the benefits of the vaccine?

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Having the vaccine will help protect your child from what can be a very nasty illness in children. Children under the age of five years have the highest rate of hospital admissions due to flu.

It will reduce the chance of others in your family, who could be at greater risk from flu, such as grandparents or those with long term health conditions, getting flu from your child. It can help you avoid having to take time off work or other activities because you are ill or need to look after your sick child.

## How effective is the vaccine?

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Flu vaccine is the best protection we have against this unpredictable virus.

The effectiveness of the vaccine will vary from year to year, depending on the match between the strain of flu in circulation and that contained in the vaccine. In the UK the vaccine offered to children has usually provided good protection against flu since its introduction.

## Why are so many children being offered the vaccine?

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As well as helping to protect children who are vaccinated, the infection is then less able to spread, and so it helps to protect other family members and friends.

## **My child had the flu vaccination last year. Do they need another one this year?**

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Yes; flu viruses change every year so the vaccine may be updated. For this reason, we recommend that your child is vaccinated against flu again this year, even if vaccinated last year.

## **Who will give my child their vaccination?**

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Children aged two, and three years old will be given the vaccination at their general practice usually by the practice nurse\*.

Nearly all primary school-aged children will be offered the vaccination in school.

Children who are home educated will be offered the vaccine, provided they are in an eligible age group. Parents can obtain information about arrangements from their local NHS England Public Health Commissioning team.

Details can be found at: [www.england.nhs.uk/about/regional-area-teams](http://www.england.nhs.uk/about/regional-area-teams)

## **How will the vaccine be given?**

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For most children, it is given as a nasal spray.

\* Your child will be eligible provided they were aged two or three years old on 31 August of the current flu season

## Can the vaccine cause flu?

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No, the vaccine cannot cause flu because the viruses in it have been weakened to prevent this from happening.

## So how does the nasal spray work?

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The nasal spray contains viruses that have been weakened to prevent them from causing flu but will help your child to build up immunity. When your child comes into contact with these flu viruses, it helps the immune system to fight off the infection.

The vaccine is absorbed quickly in the nose so, even if your child sneezes immediately after having had the spray, there's no need to worry that it hasn't worked.

## Are there any side-effects of the vaccine?

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Children may develop a runny or blocked nose, headache, general tiredness and some loss of appetite. However, these are much less serious than developing flu or complications associated with flu. Serious side-effects are uncommon.



## What about my child who has a health condition?

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Children with certain health conditions, even if well managed, are at higher risk of severe complications if they get flu. It is especially important that these children are vaccinated. These conditions include:

- serious breathing problems, for example, severe asthma needing regular inhaled or oral steroids
- serious heart conditions
- severe kidney or liver disease
- diabetes
- immunosuppression due to disease or treatment, for example, chemotherapy or radiotherapy treatment for cancer or long-term steroid use
- problems with the spleen, either because the spleen has been removed (asplenia) or doesn't work properly, for example, because of sickle cell or coeliac disease
- your GP may also recommend that your child is vaccinated if they have a condition that affects the nervous system such as cerebral palsy.

These children should have a flu vaccination every year from the age of six months onwards. Most will have the nasal spray vaccine but it should not be given to children under the age of two years.



These children, and those for whom the nasal spray is not suitable for medical reasons, will be offered an injectable flu vaccine.

If your child has any health condition listed on page 6 but is not offered the vaccine in school, it is important that you contact your GP to arrange an appointment.

If you are not sure whether your child needs a flu vaccination or you need more advice, speak to your practice nurse, GP or health visitor.

## When will the vaccine be given?

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For two and three year olds, your child's GP surgery should contact you about getting them vaccinated before the winter. If you haven't heard from their GP by early November, contact them directly to make an appointment.

For primary school-aged children a vaccination session will be held at school during the autumn term. Your local healthcare team will contact you via the school.

If your child is at primary school and has a health condition that puts them at increased risk from flu (see page 6), you can ask your child's GP surgery to provide the vaccine if you don't want to wait until the school vaccination session or if this is what you prefer.



## Are there any children who shouldn't have the nasal vaccine?

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As children with pre-existing medical conditions may be more vulnerable to complications of flu it is especially important that they are vaccinated.

Children may not be able to have the nasal vaccine if they:

- are currently wheezy or have been wheezy in the past 72 hours, they should be offered a suitable injected flu vaccine to avoid a delay in protection
- have needed intensive care due to
  - asthma\* or
  - egg allergic anaphylaxis\*
- have a condition, or are on treatment, that severely weakens their immune system or have someone in their household who needs isolation because they are severely immunosuppressed
- are allergic to any other components of the vaccine\*\*

If your child is at high risk from flu due to one or more medical conditions or treatments and can't have the nasal flu vaccine they should have the injected flu vaccine.

\* Children in these two groups are recommended to seek the advice of their specialist and may need to have the nasal vaccine in hospital

\*\* See the website at <http://xpil.medicines.org.uk> and enter Fluenz Tetra in the search box for a list of the ingredients of the vaccine



If you are unsure whether your child should get the injected vaccine or the nasal vaccine please check with the school immunisation team or the nurse or GP at your surgery.

Children who have been vaccinated with the nasal spray should avoid household contact with people with very severely weakened immune systems for around two weeks following vaccination.



## Can the flu vaccine be given to my child at the same time as other vaccines?

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Yes. The flu vaccine can be given at the same time as all the other routine childhood vaccines. The vaccination may be delayed if your child has a fever. Also, if a child has a heavily blocked or runny nose, it might stop the vaccine getting into their system. In this case, their flu vaccination can be postponed until their nasal symptoms have cleared up.

## Does the nasal vaccine contain gelatine derived from pigs (porcine gelatine)?

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Yes. The nasal vaccine contains a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines.

The gelatine helps to keep the vaccine viruses stable so that the vaccine provides the best protection against flu.



## Can't my child have the injected vaccine that doesn't contain gelatine?

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The injected vaccine is not being offered to healthy children as part of this programme.

However, if your child is at high risk from flu due to one or more medical conditions or treatments and can't have the nasal flu vaccine they should have the flu vaccine by injection.

The nasal vaccine provides good protection against flu, particularly in young children. It also reduces the risk to, for example, a baby brother or sister who is too young to be vaccinated, as well as other family members (for example, grandparents) who may be more vulnerable to the complications of flu.

Some faith groups accept the use of porcine gelatine in medical products – the decision is, of course, up to you. For further information about porcine gelatine and the nasal flu vaccine, see [www.nhs.uk/child-flu-FAQ](http://www.nhs.uk/child-flu-FAQ)

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## Where can I get more information?

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Visit [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu) for more information. Talk to your GP, practice nurse, your child's school nurse or your health visitor if you have any further questions.

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# 5 reasons

to get your child vaccinated

## 1. Protect your child.

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

## 2. Protect you, your family and friends.

Vaccinating your child 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 of children worldwide and has an excellent safety record

## 5. Avoid costs.

If your child gets flu, you may have to take time off work or arrange alternative childcare



[www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)