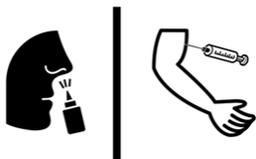


Flu vaccine for children



This easy read document tells you about the flu vaccine for children.

Why get the flu vaccine?



The flu vaccine helps protect your child from getting the flu.



Flu can make you very sick and can cause serious health problems



Getting the vaccine also helps protect family and friends by stopping the spread of flu.

Types of flu vaccines

2

There are 2 types of flu vaccines:



- **Nasal spray**

This is the preferred vaccine for children. It is quick, painless, and easy to give.



It may also be better at stopping the spread of flu.



- **Injection**

Some children cannot have the nasal spray because of medical conditions or treatments.



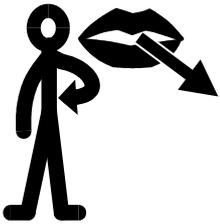
Some parents do not want their children to have the nasal spray because it contains a tiny amount of

porcine gelatine (which comes from pork).

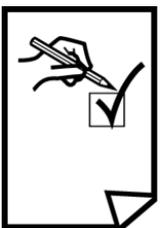


They will be offered the vaccine injection.

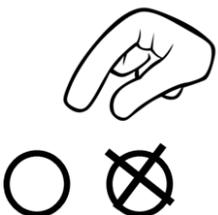
What you need to do



Speak to your child about being protected from flu and having a vaccine.



Fill out the consent form
(1 form for each child)



Say whether you do, or do not, want your child to have the vaccine.



Return the form to your child's school as soon as possible.



If you have any questions or need help to complete the form, contact the school aged immunisation service by:



Phone: 0333 358 3397
(select option 4)



The Nottinghamshire School Aged Immunisation Service is carried out by [Intrahealth](#) for the NHS.

Links in this document

Intrahealth

intrahealth.co.uk

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