



# Protecting your child against flu

Flu vaccination is one of the most effective interventions to reduce harm from flu. Talk to your GP, practice nurse or your child's school nurse if you want more information about when and how your child will be vaccinated against flu.

With COVID-19 circulating it is more important than ever to ensure your children take their free flu vaccine.

Flu can be a very unpleasant illness for children with potentially serious complications, including bronchitis and pneumonia. The children's flu vaccine is offered annually as a nasal spray in September/October to protect young children against flu.

## Which children will receive the free flu vaccine this year?

In the autumn/winter of 2020-21, the vaccine will be available free on the NHS for eligible children, including:

- Children aged two or three years old (on 31 August of current flu season)
- All primary school-aged children
- All year 7 secondary school-aged children
- Children with a health condition that puts them at greater risk from flu
- Children who live with someone who is on the NHS Shielded Patient List

## Who will give the children's flu vaccination?

- Children aged two and three years old will be given the flu vaccine by their GP surgery.
- School aged children will be given the vaccine by a nurse in the school or in a community setting.
- Children aged six months – two years old who are at high risk from flu will be given the vaccine at their GP surgery.
- Children aged two - 17 with long term health conditions will receive the flu jab from their school nurse or GP surgery.

## reasons to vaccinate your child

- ✓ **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 & friends.** Vaccinating your child will help protect more vulnerable family and friends
- ✓ **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

## What should I do?

Contact your child's GP if your child was aged two or three years old (on the 31 August of the current flu season) and you haven't heard from them by early November.

If your child is at primary school or in year 7 of secondary school, please complete the online/paper consent form that your school will send. If your child has a health condition that puts them at greater risk from flu, or lives with someone on the NHS Shielded Patient List, they are also eligible for the flu vaccine.



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