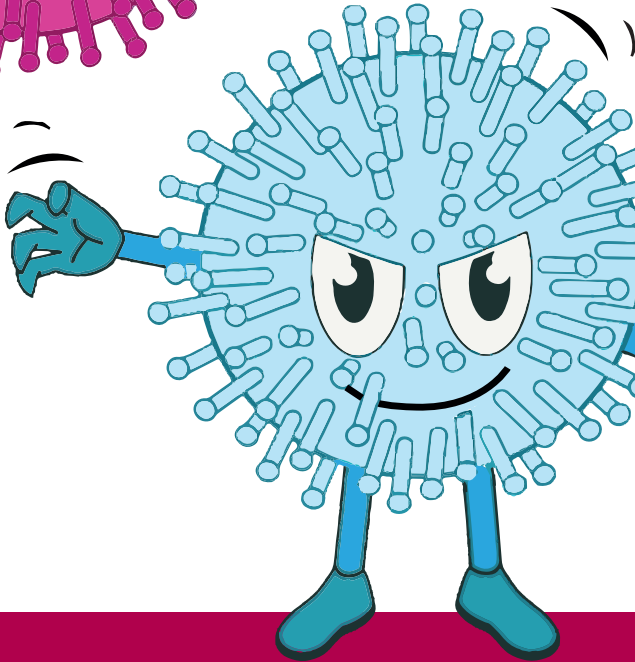


GIG
CYMRU
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WALES



FLU

**PROTECT YOUR CHILD
WITH A SIMPLE
NASAL SPRAY**

**Flu vaccination for
children in 2018-19**

**Your child's
age on 31
August 2018**



**Is my child
eligible for a
flu vaccination
this year?**

Maybe

If your child has a long-term health condition they should get vaccinated

YES

Your child will be offered flu vaccine at their GP surgery

YES

Your child will be offered flu vaccine at their school*

*if your child doesn't attend school request the vaccine from their GP surgery

Maybe

If your child has a long-term health condition make sure they get vaccinated

It is important children with a long-term health condition aged 6 months to two years or aged 11 to 17 years get vaccinated.

Most parents offered a flu vaccine for their child choose to vaccinate.

Why do children need a flu vaccine?

Flu is caused by viruses and spreads easily. Anyone can get flu but children have the highest rate of infection.

Children who get flu can be very unwell. Complications can include bronchitis, pneumonia and ear infections. Some children will need to be admitted to hospital.

How does a flu vaccine help?

Having the vaccine will help protect your child from flu. Flu vaccine usually offers children good protection against flu in the season it is given. Protection starts around two weeks after having it.

It also helps reduce the chance of them spreading flu to others at higher risk from flu, such as young babies, grandparents and those with long-term health conditions.

Some will still get flu even after having the vaccine but often with milder symptoms. Flu vaccines do not protect against colds and other winter illnesses.

If your child is 6 months of age or older and has one of the following health conditions, it is important they get a flu vaccine every year.

Conditions include a heart complaint, a chest complaint or breathing difficulties (including asthma that requires regular steroid inhalers or tablets), kidney disease, lowered immunity due to disease or treatment, liver disease, diabetes, a neurological condition or a problem with their spleen.

Children and young adults who care for someone with one of those conditions or someone aged 65 or over should also have a flu vaccine each year.

What kind of flu vaccine is given to children?

Most children will get a nasal spray flu vaccine. This is given as a fine mist up the nose. The nasal spray vaccine can be given from the age of 2 years.

Some children can't have the nasal spray vaccine, and they may be offered a flu vaccine injection instead.



The nasal spray vaccine can't be given to anyone who is:

- Under 2 years of age
- Aged 18 years of age or older
- Pregnant
- On long-term aspirin (salicylate) treatment
- Taking steroid tablets (or in the last 2 weeks) or high dose steroid inhalers
- In close contact with someone who has a severely weakened immune system (such as after a bone marrow transplant) and is being nursed in a protected environment

Or anyone who has:

- Had a severe life threatening allergic reaction to a flu vaccine (or any ingredient in the vaccine)
- A weakened immune system
- A wheezy chest on the day of the vaccination or in the previous 3 days
- Increased the use of their asthma inhalers in the previous 3 days

Children who are unwell with a high temperature should delay the vaccination until they are better, but if they have a cough, cold or other minor illness they can be vaccinated.

Can my child have the vaccine if they are allergic to egg?

Yes, unless they have a history of severe allergy to eggs with anaphylaxis needing hospital treatment. These children should be referred to a specialist.

How often is the flu vaccine needed?

A flu vaccine is needed every year. Flu viruses can change each year and the vaccine is changed to match them.

Can the flu vaccine be given at the same time as other vaccines?

Yes, flu vaccines can be given at the same time as other vaccines.

Are there any side effects from the flu vaccine?

Flu vaccination is very safe.

Some children may get a temperature, feel tired, have a headache, aching muscles or reduced appetite for a day or two after having a flu vaccine. The nasal spray may cause a runny or blocked nose. The injection can leave a sore arm. Other reactions are less common.

After the nasal spray flu vaccine, it is best to avoid contact for 2 weeks with anyone with a very weak immune system, such as someone who has recently had a bone marrow transplant. This is best discussed with your doctor or nurse before the vaccine is given.

Will the flu vaccine cause flu?

No, the flu vaccine will not cause flu.

Does the nasal spray vaccine contain gelatine?

Yes, the nasal vaccine contains traces of highly purified porcine gelatine which is used in a range of essential medicines.

The flu vaccine injection is available as an alternative for children who are at high risk from flu due to one or more medical conditions or treatments.

Do I need to do anything?

Most children will receive an invitation before the end of November, if not please ask.

Children who are 2 or 3 years old on 31 August 2018 will have their flu vaccine at their GP surgery.

Children in primary school in reception class to school year 6 will be sent information and a consent form by the school for vaccination in school. Please read the information and return the signed form to school.

The parents of children aged 4 years old (age on 31 August 2018) who are not in school should contact their GP.

For children at increased risk of complications from flu aged under 2 or in secondary school the vaccine will be available through their GP surgery.

Flu vaccine should be given before there are any outbreaks of flu. It can still be given later in the year, but early autumn is best.

If your child misses their flu vaccination, then speak to their school nurse, health visitor, practice nurse or GP about getting the vaccine.

Where can I get more information?

Visit www.beatflu.org

You can find out more about the nasal spray flu vaccine, including vaccine contents and potential side effects, at

www.medicines.org.uk/emc/

by adding the name of the vaccine (Fluenz Tetra) in the search box and looking at the patient information leaflet (PIL).

Information on reporting suspected side effects can be found online at

www.yellowcard.gov.uk or call the Yellow Card hotline on 0808 100 3352 (Monday to Friday 10:00-14:00)

A schedule showing which immunisations are routinely offered in Wales is available from

www.nhsdirect.wales.nhs.uk/livewell/vaccinations/Leaflets/

If you have any questions or want more information, talk to your doctor, nurse, health visitor or school nurse, visit

www.nhsdirect.wales.nhs.uk or call NHS Direct on **0845 46 47** or 111 if available in your area.

To find out how the NHS uses your information visit www.nhsdirect.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights

To order more copies of this leaflet visit www.publichealthwales.org/HealthInformationResources



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