


DON'T MISS OUT ON YOUR CHILD'S FREE FLU VACCINE; SO THEY DON'T MISS OUT ON THEIR FUN

A free nasal spray flu vaccine
is available for eligible children.



Speak to your school or
healthcare team to check
if your child is eligible.

If the nasal spray is not suitable for
your child, an alternative injectable
flu vaccine should be offered.

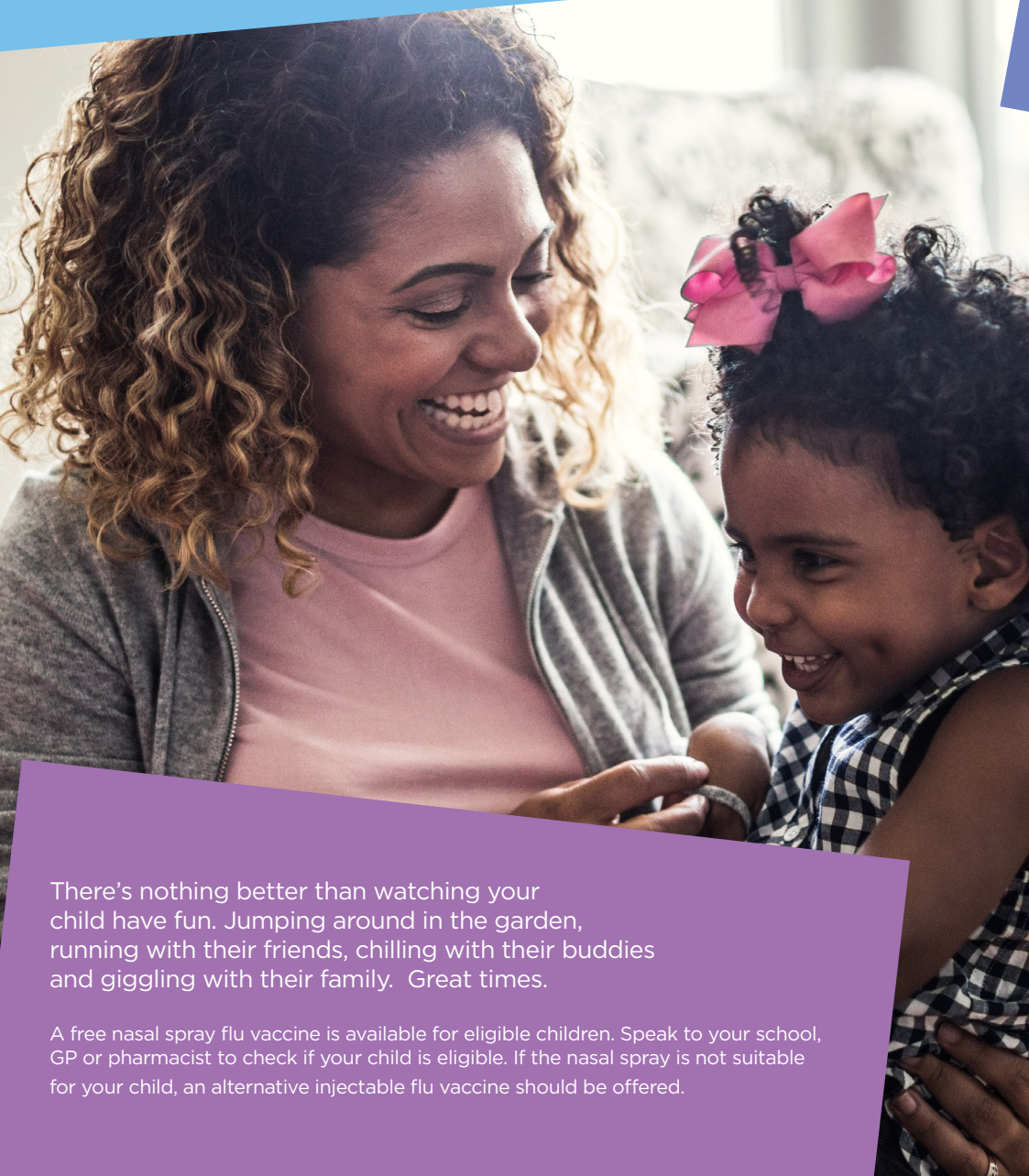
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DON'T MISS OUT ON YOUR CHILD'S FLU VACCINE; SO THEY DON'T MISS OUT ON THEIR FUN



There's nothing better than watching your child have fun. Jumping around in the garden, running with their friends, chilling with their buddies and giggling with their family. Great times.

A free nasal spray flu vaccine is available for eligible children. Speak to your school, GP or pharmacist to check if your child is eligible. If the nasal spray is not suitable for your child, an alternative injectable flu vaccine should be offered.

BUT IT'S ONLY A COLD RIGHT?

Well, not quite. Flu shares many characteristics with the common cold but it can be more severe. It actually affects the respiratory system in quite an impactful way, which can affect the lungs; Flu can last longer in children than adults.

That's why our government funds the flu vaccines to protect people from flu.

Understand the difference between flu and a common cold.

Questions	Flu	Common cold
How long do symptoms take to appear?	Appears quickly within a few hours	Appears gradually
What are the symptoms?	Flu symptoms affect more than just your nose and throat; they can include: <ul style="list-style-type: none">• a sudden fever• an aching body• feeling tired or exhausted• a dry cough• a sore throat• a headache• difficulty sleeping• loss of appetite• diarrhoea or tummy pain• feeling and being sick• ear pain	Cold symptoms mainly affect your nose and throat; they can include: <ul style="list-style-type: none">• a blocked or runny nose• a sore throat• headaches• coughs• sneezing• a raised temperature• pressure in your ears and face
How unwell can someone feel?	Can make you feel exhausted and too unwell to carry on as normal	Can make you feel unwell, but you're OK to carry on as normal
Does the flu vaccination help to protect against it?	Yes	No

ANOTHER VACCINE



Look, we understand. The last few years have been pretty tough and we've heard a lot about vaccines. But it is important. Why? Well, parts of the flu viruses change constantly. Every year, the World Health Organization (WHO) recommends which virus strains should be used in vaccines for the coming flu season (this is because vaccines have to be prepared well in advance). This means your child needs a flu vaccination every year to protect them from the current strains.

Since the childhood flu National Immunisation Programme started in 2013, Public Health England (PHE) and now the UK Health and Security Agency (UKHSA) has continued to recommend the nasal spray flu vaccine as part of the programme.

For more information on flu in children, please see www.sharegoodtimesnotflu.co.uk.

If the nasal spray is not suitable for your child, an alternative injectable flu vaccine should be offered.

WHO IS IT FOR?

Children under 5 are more likely to be admitted to hospital with flu than any other age group; so it's important that we protect our children at this vulnerable age.

But it's not just the under 5's that we need to think about. Flu affects children of all ages in many ways. Sometimes it just wipes them out for a few days, meaning they're laid up on the couch sniffing and coughing. Nothing serious but annoying for them and for the rest of the family.

Children aged 2 and 3 years old can get a free nasal spray flu vaccination at their GP. Eligible school aged children can receive a free flu vaccination in school (subject to nations' eligibility criteria, please speak to your school or healthcare team to check). If the nasal spray is not suitable for your child, an alternative injectable flu vaccine should be offered.



ADMINISTRATION



The nasal spray flu vaccine is given in a few simple steps.



The nurse or healthcare professional places the tip of a thin plastic tube just inside the nostril.



The nasal spray flu vaccine is given as a divided dose into both nostrils.



The other half of the dose is sprayed into the other nostril promptly.

The child can breathe normally while the vaccine is being administered - there is no need to actively inhale or sniff in.



ANXIOUS ABOUT NEEDLES

We know some children are worried or anxious about needles, and we know this can be reason why they might not want a vaccine. This vaccine is a nasal spray; no needles; flu protection without the injection. It is OK if the nasal spray is not suitable for your child, as an alternative injectable flu vaccine should be offered.

The nasal spray flu vaccine for children has been generally well tolerated by most children. Like many medicines, there may be some side effects. Most commonly, your child may feel weak, have a reduced appetite, and a runny or stuffy nose. These side effects are likely to be mild and short term.

For more detailed information about side effects, please see the Patient Information Leaflet supplied with the vaccine or visit www.sharegoodtimesnotflu.co.uk.



If your child gets any side effects, talk to your school or healthcare team. You can report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk>. By reporting side effects, you can help provide more information on the safety of the medicines. Side effects experienced after taking an AstraZeneca medicine can also be reported to AstraZeneca by visiting <https://aereporting.astrazeneca.com>

Visit www.sharegoodtimesnotflu.co.uk for more information on flu and the UK childhood flu National Immunisation Programme.
An AstraZeneca website for GB public.

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