

Flu

Vaccinations

at secondary

school

Vaccination
is a choice.

We want to
give you the
information
you need.



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[northeastlondon.
icb.nhs.uk/
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**PROTECT
THEIR
POTENTIAL**

The flu vaccine

The children's flu vaccine helps protect against flu. It's offered every autumn term to all school children from reception to year 11.

Why are children offered the flu vaccine?

Flu can be very unpleasant and can sometimes cause serious problems. Each winter in the UK, thousands of otherwise healthy children and young people need hospital care because of flu.

Children and young people can catch and spread flu easily. Having the flu vaccine also helps protect others who are at higher risk of getting seriously ill from flu, such as babies and older people.

How do you get it?

A team of trained vaccinators will come to your school. They are very experienced and give thousands of vaccinations every year. Before they come, a letter will be sent from school explaining the vaccine and asking parents for their consent. Parents can do this by filling out a quick online or paper form.

Sometimes you will be able to talk to the vaccinator on the day and consent yourself.

If you have missed any vaccinations, you can always catch up. Just ask your GP or school vaccination team.

What's in it?

The children's flu vaccine is given as a quick and painless nasal spray. It gives the best protection for children aged 2 to 17 years.

The nasal spray vaccine contains a small amount of pork gelatine (porcine gelatine which comes

from pigs). There is an alternative injected vaccine that does not contain any pork gelatine.

If you would prefer to receive the injected flu vaccine you can speak to your GP or the school immunisation team.

Are there side effects?

You cannot get flu from any of the flu vaccines.

Like with any medicine, there can be some mild side effects, but these won't last long, and many won't experience any side effects at all.

Side effects of the nasal spray flu vaccine can include:

- a blocked or runny nose
- loss of appetite
- feeling tired
- a headache

Side effects of the flu vaccine injection can include:

- pain or soreness where the injection was given
- a slightly raised temperature
- an aching body



How well does the flu vaccine work and how long does it last?

The flu vaccine aims to protect children and young people against the most common types of flu viruses. There's still a chance you might catch flu after getting vaccinated, but you're less likely to get seriously ill, miss out on any education or need to go to hospital.

Protection from the flu vaccine goes down over time and the types of flu the vaccine protects against are updated each year. This is why it's important to get the flu vaccine every year.



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