

Nasal spray flu vaccine protection for your child

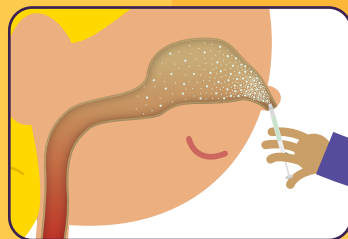
Like all medicines, this vaccine can cause side effects; most side effects are mild in nature and short term. For more detailed information about side effects, please see page 4 of this leaflet, www.sharegoodtimesnotflu.co.uk or the package leaflet at <https://www.medicines.org.uk/emc/files/pil.3296.pdf>.

If your child gets any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also 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 this medicine.

How this vaccine is given



A nurse or doctor places the tip of a thin plastic tube inside a nostril.



A mist of tiny droplets is sprayed into the nostril.



Then they do the same for the other nostril.

If a child is not eligible for the nasal spray flu vaccine, they may be offered an alternative injectable vaccine.

**IT'S A SPRAY
NOT A JAB**



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This leaflet is produced and funded by AstraZeneca for parents of children eligible for flu vaccination in the UK.

To learn more about flu and
the vaccination you can go to
www.ShareGoodTimesNotFlu.co.uk

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Talk to your doctor, nurse or pharmacist to check if your child is eligible. If a child is not eligible for the nasal spray flu vaccine, they may be offered an alternative injectable vaccine.

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Has your child had their
annual flu vaccination?
This can help protect
your child from flu

A free nasal spray flu vaccine is available for eligible children. **Parents of 2 and 3 year olds**, book a GP appointment to get your child vaccinated. **Parents of school aged children**, sign and return your child's flu vaccination day letter to school.



NHS Childhood Seasonal
Flu Immunisation Programme

Flu vaccine protection for your child

The flu vaccine helps build up your child's immunity, so that when they come into contact with flu viruses they are better able to fight the infection.

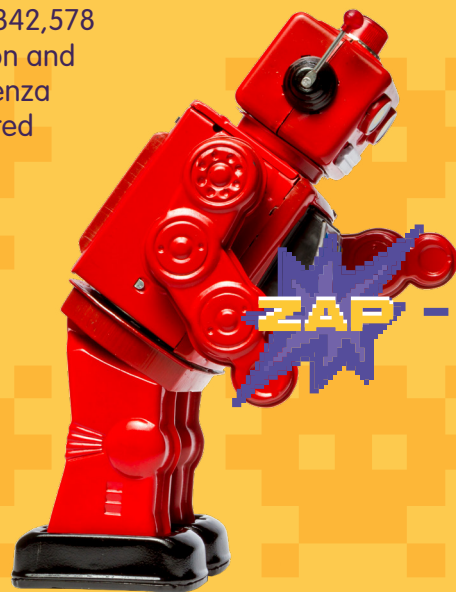
As flu viruses change constantly, every year the World Health Organization (WHO) recommends which virus strains should be used in vaccines for the next flu season – since vaccines have to be prepared well in advance. This means that your child will need a new flu vaccination every year.

The effectiveness of flu vaccines varies from year to year, depending on the match between the flu viruses circulating and what is in flu vaccines. Since the programme started in 2013, Public Health England (PHE) has recommended the nasal spray flu vaccine as part of the childhood influenza vaccination programme.

In the 2020/21 season in England, an estimated 3,342,578 out of 5,416,670 eligible children in school (reception and years 1-7 combined) were vaccinated with an influenza vaccine,* giving a vaccine uptake of 61.7%, compared with 60.4% in 2019/20 (reception and years 1-6).

For 2-3 year olds vaccinated in GP surgeries, an estimated 56.7% were vaccinated in the 2020/21 season. This compares with 43.8% in 2019/20 season.

*This figure includes children who were vaccinated with either the nasal spray vaccine or an injection given to those unsuitable for a nasal spray vaccine



Why protect your child against flu?

Flu can be miserable for children and the family – it can mean time off school/work and affect childcare arrangements.

Children under 5 are more likely to be admitted when compared to other age groups. An analysis has shown that children are also good at spreading flu – it can spread from child to child and within families.

By vaccinating your child against flu you help protect them, and make it much harder for the flu virus to spread.



What are the differences between flu and the common cold?

The main symptoms of flu and the common cold can be similar, so it can be difficult to tell them apart based on symptoms alone. They are actually caused by different viruses, and in general flu is worse than the common cold with more intense symptoms, while colds are usually milder. Children with flu will not have the energy to play and will want to stay in bed more than normal. Someone with a cold is more likely to have a runny or stuffy nose.

Colds do not generally cause serious health problems. With flu, however, some children experience serious complications including ear infection, acute bronchitis and pneumonia.

Please consult your doctor if you are unsure of the symptoms.

What are the possible side effects of the nasal spray flu vaccine?

This vaccine can cause side effects, although not everybody gets them; most side effects were mild in nature and short term.

Serious side effects are very rare (may affect up to 1 in 10,000 people): severe allergic reaction – signs include shortness of breath and swelling of the face or tongue.

If your child experiences any of these serious side effects, please contact your doctor, nurse or pharmacist immediately or seek urgent medical care.

Other possible side effects:

- **Very common side effects (may affect more than 1 in 10 people) are:** runny or stuffy nose, reduced appetite and weakness.

These side effects are much less serious than developing flu or complications associated with flu

- **Common side effects (may affect up to 1 in 10 people):** fever, muscle aches, headache
- **Uncommon (may affect up to 1 in 100 people):** rash, nose bleed, allergic reactions

For more detailed information on side effects, see the Patient Information Leaflet (PIL) that your doctors, nurse or pharmacist can give you.