



## 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.



Public Health  
Jersey



## Children's nasal flu vaccine

A guide for parents and guardians



The nasal flu vaccine is offered to children aged 2, 3 and 4 and children in school years reception to year 11

Further information can be found on [gov.je/flu](https://gov.je/flu)

Contact the Child Health team on **01534 443741**

**Be a good influence**

Flu season is just around the corner, and **now** is the time to **get protected**.

Flu can be an unpleasant illness in children, causing fever, extreme tiredness, aching muscles and joints, stuffy nose, dry cough, and sore throat. Most children recover within a week and are well enough to go back to nursery or school, but for some it can be life-threatening.

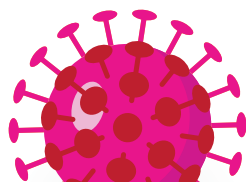
- children are two to three times **more likely to catch** flu than adults.
- children under five **are more likely to be admitted to hospital** with flu than any other age group.
- children are the 'superspreaders' of flu – this means **they're more likely to spread flu** to others who are vulnerable, such as their grandparents, younger siblings, and pregnant women.



When a person is given the vaccine, the immune system (the body's natural defence system) will produce its own protection against the influenza virus. None of the ingredients in the vaccine can cause the flu.

The children's flu vaccine aims to protect children against the most common types of flu viruses.

There's still a chance your child might get flu after getting vaccinated, but they're less likely to get seriously ill or need to go to hospital.



## Nasal flu vaccine

This is a safe vaccine that has been used worldwide to **protect millions of children**.

The nasal spray is **painless** and easy to have. It contains weakened flu viruses to help your child build immunity and fight off flu. The vaccine is absorbed into the nose quickly, so even if your child sneezes right after, it still works.

It helps protect your child against the strains of flu expected to be circulating this coming winter.

The vaccine **does not cause flu**.

The nasal spray flu vaccine for children has been generally well tolerated by most children.

Children that may have cold like symptoms but are in school and well can still have the vaccine.

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**.

## Who cannot have the nasal vaccine?

Previous anaphylaxis reaction to egg requiring admission to intensive care.

People receiving salicylate therapy (aspirin)

Have a condition or on treatment that severely weakens their immune system.

Someone in the household who needs to isolate due to being severely immunosuppressed.

Allergic to any of the components of the vaccine.

Children who have active wheezing at the time of vaccination or in the previous 72 hours.

If your child cannot have the nasal flu vaccine, they may be eligible to have the injectable flu vaccine this can be discussed with the immunisation nurse team.

## What happens next?

### Parents of 2,3 4-year-olds

Most nurseries take part in the flu programme and vaccinators will attend the nursery to administer the spray to the children.

You will receive consent forms from your child's nursery to complete before the day of the vaccine.

Or

Children of the above ages can be vaccinated in their GP surgery; this will be free and can be offered once the school programme is over.

The nasal flu vaccine is not licenced to be administered to children under the age of 2.

### Parents of school age children

The nasal flu vaccine is being given in school to children in year groups from reception to year 11. You will receive a letter and **consent form** from school. Please **complete** the consent form and return to school **before** the date of vaccination.

If you change your mind after returning the consent form to school, it is your responsibility to go in to school and make changes to the form prior to the vaccination date.

