

Join the millions: arrange your child's flu vaccine with your GP today

Protect your child - flu is not harmless

The vaccine protects from flu and its serious effects, including bronchitis and pneumonia. Flu can be serious and have long-term effects on health.



Protect your loved ones

Children can carry and spread the flu virus. Vaccination will protect those you love over winter.



Work and isolation

Getting your child vaccinated may save you having to miss work or arrange childcare if your child catches the flu. It may also save you having to isolate, as flu symptoms are similar to COVID-19.



Are there side effects?

The nasal spray may cause a mild runny or blocked nose, headache, tiredness or loss of appetite. It's much better than having the flu and has an excellent safety record, with any serious side effect very rare.



Flu vaccine & COVID-19

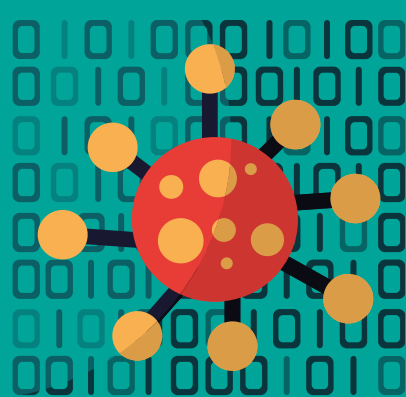
It is SAFE to attend NHS buildings to receive the vaccine, with PPE, social distancing and timed appointments in place. The flu vaccine does not contain the new COVID-19 virus and does not affect the result of any COVID-19 test taken after the vaccine.

Fever within 48 hours of vaccination

A mild fever within 48 hours of vaccination is a normal recognised reaction. You do not need to isolate your child unless they develop other symptoms of coronavirus. As has always been recommended, any child with fever after vaccination should be monitored and if you are concerned about your child's health seek advice from your GP or NHS 111.

"We had the flu vaccine last year though..."

Since the flu virus changes / mutates every year, the vaccine is updated every year to ensure protection. Previous vaccines will likely not give protection to this year's flu.



Which children are offered the flu vaccine by the NHS?

From their GP:

- Children aged 2 or 3 years old on 31 August
- Children aged 2-17 with long-term health conditions e.g. asthma
- High-risk infants aged between 6 months and 2 years

From their school:

- Primary school-aged children
- Year 7 secondary school children

Nasal spray vs injection

Most children receive a nasal spray, which is a weakened form of the flu. This cannot cause the flu.

Some children require an injected flu vaccine, which differs from the nasal spray as the virus is entirely inactivated - these are children who:

- have weakened immune systems
- have asthma treated with steroid tablets or have previously required asthma treatment in intensive care
- are treated with salicylate
- have been wheezy in the past 72 hours or are currently wheezy



The nasal spray contains porcine gelatine, however if you would like to avoid this, your child can instead receive the injection from your GP.

Other questions answered

- There are no links between the flu vaccine and autism.
- It is incorrect that flu can be treated with antibiotics - antibiotics treat only bacteria while flu is caused by a virus.
- An edited video was shared showing people being implanted with a microchip - this was a USA company offering their staff the implant to buy snacks or use computers and has nothing to do with the flu vaccine.

- [3 page Q&A on routine vaccinations for children during coronavirus from North West London NHS](#)
- [Kensington GP Dr Nathan on YouTube](#)
- [Public health matters blog, with videos on the importance of vaccinating children against flu](#)
- [12 page leaflet by Public Health England leaflet on children's flu vaccination in multiple languages](#)
- [Public Health England answering questions on porcine gelatine with discussion from faith groups](#)
- [NHS webpage on children's flu vaccine](#)
- [Local NHS YouTube videos on the safety of the flu vaccine](#)

Further information