



Influenza

Nasal flu vaccinations 2023



Vaccination UK



What is 'Flu'?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Some people, such as older people, young children, and people with certain health conditions, are at higher risk of developing serious flu complications.

Flu is a horrible germ!

How do you get 'flu'?

The flu is extremely contagious and caused by influenza viruses that infect the nose, throat, and lungs. These viruses spread when people with the 'flu' cough, sneeze or talk, sending droplets containing the virus into the air and potentially into the mouths or noses of people who are nearby



**Germs are very easily spread
so you should try not to share them**

How will having 'flu' make me feel?



- a fever/temperature that comes on suddenly
- chills
- Headache and muscle aches
- dizziness
- loss of appetite
- Tiredness and weakness
- a cough and sore throat
- runny nose
- Vomiting and diarrhoea
- ear pain
- Diarrhoea
- Some children develop a very high fever or complications of flu such as bronchitis, pneumonia and painful middle ear infection. They may need hospital treatment, and rarely, a child could die from flu.

Flu will make you feel very poorly

Why is it so important to be vaccinated?

Vaccines are the most effective way to prevent highly infectious diseases such as 'flu' and we are very fortunate in the UK to be able to have these very safe vaccines for **FREE** yes, they don't cost you anything

Vaccines don't just protect the person receiving them but all the people around them too. Some people unfortunately can't have certain vaccines for medical reasons but if enough of us are vaccinated we can protect them by what's known as herd immunity

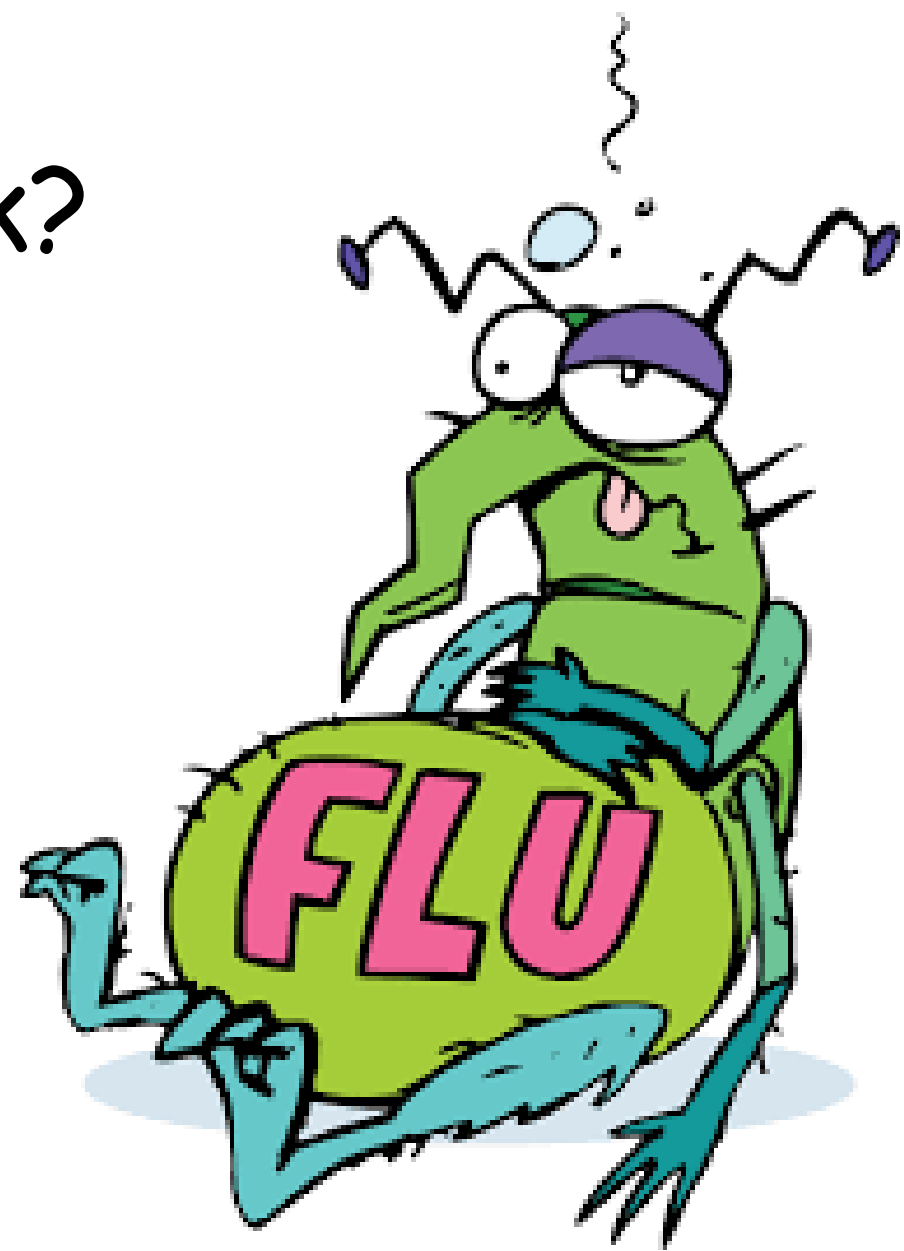


You can help look after all your friends and family

How does the vaccine work?

The nasal spray vaccine contains small amounts of weakened flu viruses. They do not cause flu in children but it will help your child build up immunity to flu in a similar way as a natural infection (but without the symptoms)

As the main flu viruses can change each year, a new nasal spray vaccine has to be given each year.



The spray will stop the flu getting you

What will happen on the day?



The vaccine is given as a spray squirted up each nostril. It's quick and painless and will still work if your child gets a runny nose, sneezes or blows their nose. The nasal spray flu vaccine gives children the best protection against flu. It will take around 2 weeks for the flu vaccine to work.

It's just a little tickle for your nose

Why do some people have an injection?

The nasal spray vaccine offers the best protection for children aged 2 to 17 years.

They will be offered the flu vaccine injection only if the nasal spray vaccine is not suitable for them. This could be for medical or religious reasons

Injections are very quick and easy



How will I feel afterwards ?

The nasal spray flu vaccine has very few side effects, the main one being that children may have a slight runny nose for a short time. Other possible, rare side effects include:

A high temperature, headache, feeling slightly unwell and loss of appetite



Excellent you have all had your flu spray

Well done for being so good and brave



You are a
flu hero



Thank you - Any questions?
Please email

lincs@v-uk.co.uk

For further information

[Child flu vaccine - NHS](https://www.nhs.uk)

www.nhs.uk