

# Flu immunisation for pupils in school years Reception - Year 11

DEAR PARENT/CARER,

The flu vaccine is being offered at your child's school again this autumn/winter.

To give consent for your child to have the flu vaccine, please click here:

<https://yny.schoolvaccination.uk/flu/2023/northyorkshire>

Even if you do not wish for your child to have the vaccine, please complete the online form so that we can record your wishes.

## THE NASAL FLU VACCINE

- ✓ Protects your child from the flu.
- ✓ Protects your family and friends from the flu (especially those who are elderly, young babies, or those who have serious health conditions).
- ✓ Is painless, quick and effective.
- ✓ Is free



## THE IM FLU VACCINE



We also offer the flu vaccine as an injection, which is **gelatine-free**. This *may* also be the vaccine of choice for vegans. Please go to our website where you can find out more about the manufacturing of the flu injection, and then decide if the injection is more suited to your child.

You only need to complete one consent form for each child. If you later change your mind, please call your local team. If your child has this immunisation elsewhere after you have submitted the consent form, you **MUST** inform Vaccination UK rather than the school.

We understand that you may have questions about the vaccine. For more information, please go to our website, where you can find a list of FAQ's, as well as details of our community catch up clinics. We also have some FAQ's enclosed below.

You can also find informational videos on our YouTube channel, including subtitled versions for other languages.

Yours Faithfully,

*Your Local Immunisation Team*  
Vaccination UK



YORKSHIRE

Immunisation Team  
Contact Details



Thirsk@v-uk.co.uk



01904 237690

WORKING ON BEHALF OF



## USEFUL INFO



We endeavour to come to your child's school twice. If they are absent or unable to be vaccinated at school, you will need to attend one of our community clinics for the vaccine. Details of these can be found on our website or you can contact the team above.



**PLEASE NOTE** the flu vaccine will **NOT** be available to otherwise healthy children after **December 15th** at all, and so we urge you to return the consent form as soon as possible in case we are not able to visit your child's schools for a second visit this year.



Your consent will remain in place for the entire flu season. If your child misses a first visit, you do not need to complete a second form.

## USEFUL LINKS



[www.schoolvaccination.uk/nasal-flu](http://www.schoolvaccination.uk/nasal-flu)

[www.youtube.com/@vaccinationuk](https://www.youtube.com/@vaccinationuk)



## PRIVACY POLICY

Our 2023/24 policy can be viewed here:

[www.schoolvaccination.uk/privacy-policy](http://www.schoolvaccination.uk/privacy-policy)

For data protection queries, please contact:  
dpo@vaccinationuk.co.uk



## ADDITIONAL INFORMATION

\*The consent form needs to be signed by a person with parental responsibility which includes:

- Mother: automatic
- Father: if married to the mother either when baby is born or marries subsequently
- Unmarried father: if name appears on birth certificate (since 1/12/03) or legally acquired
- Others: if parental responsibility is legally acquired
- Parental Responsibility Agreement: signed, properly witnessed and sent for registration to Principle Registry or the Family Division (High Court)
- Residence Order: granted by the Court

*Please note that young people under the age of 16 can give or refuse consent if considered competent to do so by nursing staff.*

# FREQUENTLY ASKED QUESTIONS

### ***Are there any side effects of the vaccine?***

Possible side effects are: decreased appetite, headache, a runny or blocked nose, and sometimes a raised temperature. These are common, but they pass quickly and can be treated with paracetamol or ibuprofen if you feel your child needs it.

### ***Are there any children who shouldn't have the nasal vaccine?***

You should let us know if your child has any of the following:

- A very severe allergy to eggs, egg proteins, gentamicin or gelatine – it is important for us to know if your child has been admitted to hospital with a condition called anaphylaxis, triggered by these things.
- Are currently wheezy or have been wheezy in the past 72 hours with asthma. There is an alternative flu vaccine that we can talk to you about to ensure that your child is protected as soon as possible.
- Have a condition that severely weakens their immune system.

Also, children who have been vaccinated should avoid close contact with people with *very severely* weakened immune systems for around two weeks following vaccination (By severely weakened, we generally mean people who are isolating, such as those who have received some types of chemotherapy or people who have had a bone marrow transplant, for example). This is because there's an extremely remote chance that the vaccine virus may be passed to them.

Contact with other healthy children or adults does not need to be limited after having the vaccine.

***We do not eat pork products.***

### ***Can my child have a different flu vaccine?***

Yes. There is a flu vaccine available, in the form of an injection.

The nasal flu vaccine is the best vaccine for children and young people under 18 years of age as it is more effective at stopping the spread of flu and it is painless, but it does have a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines. The gelatine helps to keep the vaccine viruses stable so that the vaccine provides the best protection against flu.

If your faith or beliefs mean you would prefer a vaccine that has no pork (porcine gelatine) in it, please complete the consent for the flu injection only. You do not need to complete a form for both.

If your child is vegan, please note that the flu injection is a cell based vaccine. For more information, please see our FAQs page on our website:

<https://www.schoolvaccination.uk/nasal-flu>



UK Health  
Security  
Agency



# Protect yourself against flu

Flu immunisation in England

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Information for those in secondary school



Flu  mmunisation

Helping to protect you against flu

## Flu vaccine is offered free to:

Children aged  
2 or 3 years old

(on 31 August before  
flu vaccinations start  
in the autumn)



All primary  
school-aged  
children

Some secondary  
school-aged  
children



Children with a  
health condition  
that puts them  
at greater risk  
from flu

Further information on which children are eligible each year can be found at: [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

## **Why should I have the flu vaccine?**

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Flu can be a very unpleasant illness causing fever, stuffy nose, dry cough, sore throat, aching muscles and joints, and extreme tiredness. This can last several days or more. Some people develop complications and need to go to hospital for treatment.

## **What are the benefits of the vaccine?**

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Having the vaccine will help protect you from what can be a very nasty illness. It can help you avoid having to miss out on the things you enjoy and disruption to your education.

## **Why are so many young people being offered the vaccine?**

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The vaccine will help protect you against flu and reduces the chance of you spreading flu to others so in turn helps protect your family and friends.

It will help to reduce flu levels in the population in the winter when there may be pressure on the NHS with COVID-19 and other respiratory viruses in circulation.

## **I had the flu vaccination last year. Do I need another one this year?**

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Yes; flu viruses change every year so the vaccine may be updated. For this reason, we recommend that you are vaccinated against flu again this year, even if vaccinated last year.

## How will the vaccine be given?

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It is usually given as a nasal spray.

## So how does the nasal spray work?

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The nasal spray contains viruses that have been weakened to prevent them from causing flu but will help you to build up immunity.

The vaccine is absorbed quickly in the nose so, even if you sneeze immediately after having had the spray, there's no need to worry that it hasn't worked.

## Are there any side-effects of the vaccine?

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You may develop a runny or blocked nose, headache, general tiredness and some loss of appetite. However, these are much less serious than developing flu and its complications. Serious side-effects are uncommon.

## What if I am not feeling well on the day?

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The vaccination may be delayed if you have a fever. Also, if you have a heavily blocked or runny nose, it might stop the vaccine getting into your system. In this case, the flu vaccination can be postponed until your nasal symptoms have cleared up. Sometimes an injected vaccine may be offered instead.



## What about those young people who have a long-term health condition?

If you have a health condition that puts you at higher risk of serious complications from flu, you should have the flu vaccine every year. If you have one of these health conditions and are not in one of the groups being offered flu vaccine at school, you can also ask your GP surgery to give you the vaccine. You can also ask your GP surgery to do this if, for example, you don't want to wait until the school vaccination session.

### Long term health conditions that put you more at risk from flu

#### These conditions include:

- serious breathing problems, such as asthma needing regular use of steroid inhaler or tablets
- serious heart conditions
- kidney or liver disease
- diabetes
- weakened immune system as a result of a condition or treatment with medicines such as steroid tablets or chemotherapy
- problems with the spleen, for example, sickle cell disease, or the spleen has been removed
- learning disability
- problems with the nervous system, such as cerebral palsy



Visit [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu) for more information

## **Are there any young people who shouldn't have the nasal vaccine?**

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The nasal spray vaccine is offered to young people as it is more effective in the programme than the injected vaccine. However, some young people with long term health conditions may not be able to have the nasal vaccine (see details below). Your parents will be given a consent form to complete ahead of the vaccination, which will include questions to check whether it is suitable for you. They can speak with the school immunisation team if they have any questions. If you cannot have the nasal spray, you will be offered an injectable flu vaccine.

## **Who shouldn't have the nasal vaccine?**

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Instead of the nasal spray vaccine, you should have an injected flu vaccine if you:

- are currently wheezy or have been wheezy in the past 72 hours
- have a very weakened immune system or someone in your household needs isolation because they are severely immunosuppressed
- have a condition that needs salicylate treatment
- have had an anaphylactic reaction to a flu vaccine, or any of the components, in the past (other than egg)

Young people who have been vaccinated with the nasal spray should avoid close contact with people with very severely weakened immune systems (for example those who have just had a bone marrow transplant) for around 2 weeks following vaccination. If contact is likely or unavoidable then an alternative flu vaccine should be given.

If you're not sure, check with the school immunisation team, or the nurse or GP at your surgery.

## **Your parents should seek the advice of your specialist, if you have:**

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- had a severe allergic reaction (anaphylaxis) to egg in the past that required intensive care treatment
- asthma that's being treated with steroid tablets or required intensive care treatment in hospital

## **Does the nasal vaccine contain gelatine derived from pigs (porcine gelatine)?**

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Yes. The nasal vaccine contains a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines. The gelatine helps to keep the vaccine viruses stable so that the vaccine provides the best protection against flu.

The nasal vaccine is offered to children and young people as it is more effective in the programme than the injected vaccine. This is because it is easier to administer and considered better at reducing the spread of flu to others, who may be more vulnerable to the complications of flu. However, if you are at high risk from flu due to one or more medical conditions or treatments and can't have the nasal flu vaccine you should have the flu vaccine by injection. For those who may not accept the use of porcine gelatine in medical products, an alternative injectable vaccine is available. Your parents should discuss the options with the school immunisation team.

# 5 reasons to have the flu vaccine

## 1. Protect yourself.

The vaccine will help protect you against flu and serious complications such as bronchitis and pneumonia

## 2. Protect your family and friends.

Having the vaccine will help protect more vulnerable friends and family

## 3. No injection needed.

The nasal spray is painless and easy to have

## 4. It's better than having flu.

The nasal spray helps protect against flu, has been given to millions worldwide and has an excellent safety record

## 5. Avoid lost opportunities.

If you get flu, you may be unwell for several days and not be able to do the things you enjoy

### Where can I get more information?

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Visit [www.nhs.uk/child-flu](https://www.nhs.uk/child-flu) for more information. Talk to the school immunisation team, your GP, or practice nurse if you have any further questions.



[www.nhs.uk/vaccinations](https://www.nhs.uk/vaccinations)