



**You think flu just causes a cough and cold and a bit of a temperature...but flu is a nasty illness and you will usually feel very unwell for up to a week.**

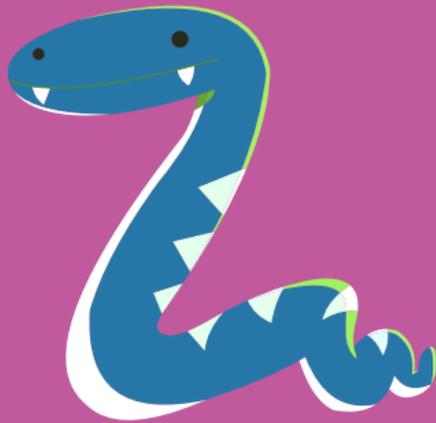
## **The symptoms of flu are:**

a sudden high temperature of 38°C or above, severe headache, aching, difficulty sleeping, sore throat, chills and shivering.

Plus, children can also get diarrhoea, pain in the abdomen (stomach), loss of appetite, nausea and vomiting.

It is very unpleasant.





**Whoops! You  
dropped the leaflet  
and consent form  
and forgot to take  
it home.**

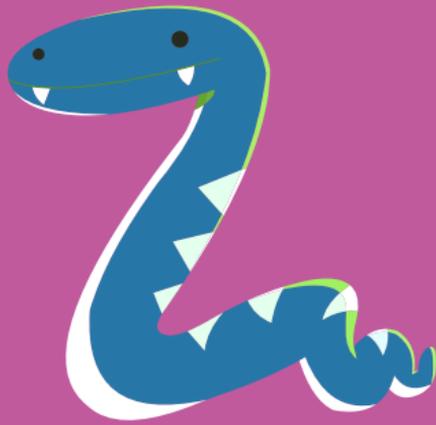
The leaflet has all the information you need to make your decision to vaccinate.

Look at this website too for facts about the children's flu vaccine

<http://bit.ly/flu vaccine info>.

Remember to sign the consent form and return it to school so it is there ready for the nurses who come to give the vaccine to the children.





**You think this  
flu vaccine is an  
injection. But it's  
just a tiny squirt of  
medicine in your  
nose!**

For most children it is a simple squirt of medicine up the nose and what's better still is that the nasal spray vaccine is more effective for children.

Those who can't have the nasal spray for medical reasons may be offered the injectable form of vaccine outside of the school setting.

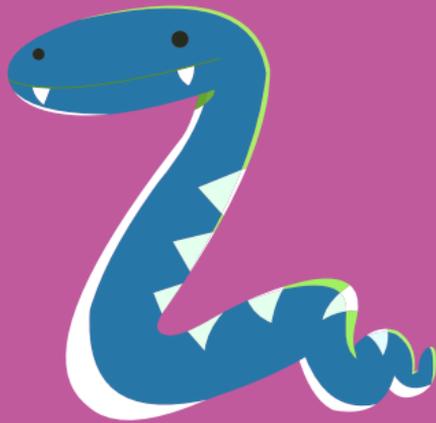




**You think flu vaccine is just for older people..! In fact all children 2, 3 and 4 years old and children in years 1-3 in primary school can have the free nasal spray flu vaccine.**

The programme is being rolled out year on year to protect children from this nasty disease and we know this also protects our whole community.





**You think the flu vaccine is only for children with conditions like diabetes or asthma..!  
But healthy children age 2, 3 and 4 and in years 1-3 in primary school can get the free nasal spray flu vaccine.**

Flu is a nasty illness and even for healthy children can lead to complications like pneumonia, ear infections, septic shock (a severe and life-threatening infection of the whole body) and Meningitis (inflammation of the covering of the brain).

(See the [Meningitis Research Foundation](#) website for more detailed information on the signs and symptoms of Meningitis and Encephalitis).





**You think if you  
wash your hands  
you won't get flu  
from your friends....  
it's always good to  
wash your hands to  
help stop infections  
spreading but flu  
bugs float in the air  
too and can get in  
to your body when  
you breathe in.**

The flu virus is tricky; you can catch it by breathing it in, but it also sits on toys and surfaces. It can be spread from surfaces to your hands and so to your face where it can then get in to your body. It can also change each year which is why the scientists have to try to work out which flu bugs will be around in the coming winter and make a vaccine to match. So you need to have a new vaccine each year.

Eligible children getting the flu vaccine gives the best chance of protecting them and their families against this nasty disease.



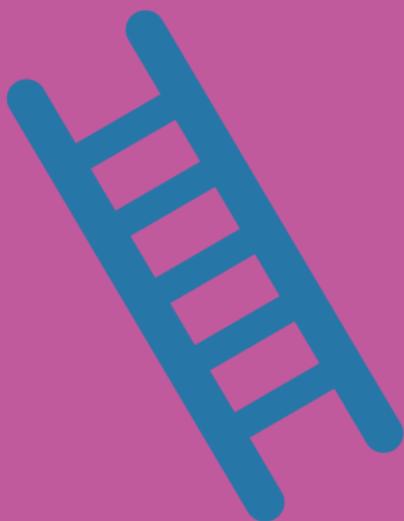


**Well done, you took  
the leaflet home  
from school and  
showed it to your  
family.**

Flu is a nasty illness that can have complications such as pneumonia, ear infections and meningitis.

By getting your child vaccinated you are doing the best thing you can to help protect them against flu.



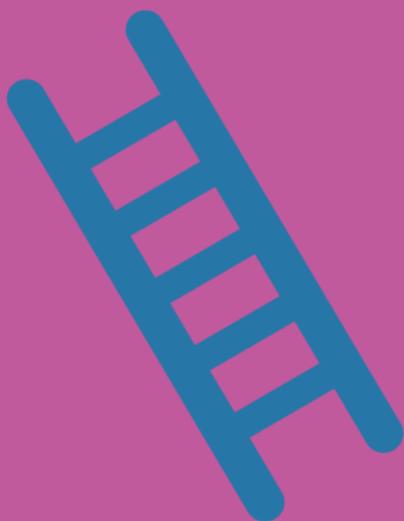


**Great stuff! You brought the consent form back to school signed by your parent or carer.**

The letter and leaflet you receive from the immunisation team will help you make your decision to vaccinate.

Look at this website too <http://bit.ly/flu vaccine info> it has all the information about why this vaccine is important.





**Good news, you are eligible for the free nasal spray flu vaccine because you are age 2, 3 or 4 or in year 1, 2 or 3.**

Year on year the children's nasal flu spray vaccination is being rolled out to protect more age groups.

Plus it will have the effect of helping protect other members of the family and community who can't be vaccinated or who are particularly vulnerable to flu disease.





**Good news, you know getting the flu vaccine is the best thing you can do to help protect you against flu.**

Flu is a nasty illness with potential for complications. In 9 out of 10 years, the flu vaccine prevents about half of all flu cases.

It's a tricky vaccine to make because the flu virus is clever at changing every year.

That's why you should have the flu vaccine every year; to help protect against the strains of flu that are most likely to be in circulation.





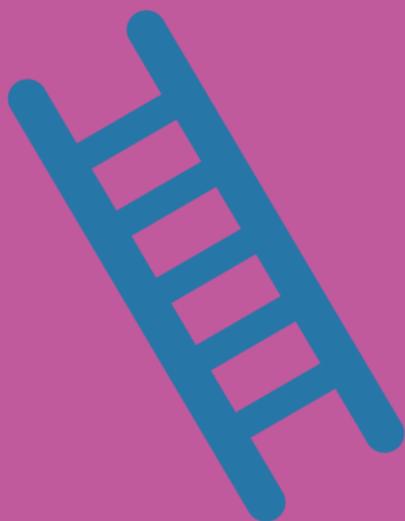
**You know that  
by having the flu  
vaccine it not only  
helps protects you  
but all the family.**

In Autumn 2014 several areas of the UK ran pilot flu vaccination projects where the vaccine was given to all children of primary school age.

In these areas, there have been fewer cases of flu overall.

This suggests that giving more young children the nasal flu vaccine helps to protect not only them but everyone in the community.





**That's right! For most children the flu vaccine is a simple nasal spray – a little bit of medicine squirted in to your nose.**

The nasal flu spray has been given to children in the USA for many years.

It is more effective than the flu injection in this age group and protects against 4 strains of the flu virus.

If for medical reasons your child can't have the nasal spray they might be offered the injectable form of the vaccine outside of the school setting.

