



## Make sure your child's covered

Scotland's Chief Medical Officer agrees that children aged 2-5 should have the flu vaccine.

**Contact your GP to arrange their appointment.**

Find out more about the flu vaccine for children at:

[immunisationscotland.org.uk/childflu](http://immunisationscotland.org.uk/childflu)

You can talk to your practice nurse or GP or call the NHS inform helpline on **0800 22 44 88** (textphone **18001 0800 22 44 88**).

The helpline is open every day from 8am to 10pm and also provides an interpreting service.



# FLU



\* and not yet in school



2015 edition

## Flu immunisation in Scotland

**In 2015, the flu vaccine will be offered to all children aged 2-5 and not yet in school, as well as primary school children. Providing your child with the flu vaccine can help protect them from the unpleasant effects of the flu virus and stop the spread to others, keeping your whole family healthy. The flu vaccine will be offered every year to continue to protect your child against flu viruses.**

### Remember:

- Flu can be very serious.
- Even healthy children can become seriously ill from flu and can spread it to family, friends and others.
- Flu can lead to complications that may result in hospitalisation or even death.
- In Scotland, hundreds of children visit their GP each year with flu or its complications. Some of these children will be hospitalised for treatment.
- The flu vaccine helps protect your child against flu and reduces the chance of them spreading the virus to others.
- Very young children are more vulnerable to flu, particularly as they are less likely to have built up any protection from previous infections.

### How will the vaccine be given?

For most children, the flu vaccine is given as a nasal (nose) spray into each nostril. It's quick and painless. It's not an injection. There's no need to sniff or inhale the vaccine; only a tiny amount is sprayed. An injection in the upper arm may be offered to certain children who cannot have the nasal spray – ask your GP or go to [immunisationscotland.org.uk/childflu](http://immunisationscotland.org.uk/childflu) for more details.

### Will there be any side effects?

The nasal spray vaccine was given safely to thousands of children in the UK last year. Side effects are possible but usually mild i.e. headache, muscle aches, runny or blocked nose. The vaccine is absorbed very quickly and will work even if your child has a runny nose or sneezes immediately after the spray.

### When can my child get the vaccine?

**Children aged 2-5 and not yet in school will be immunised in October or November.** If your child is between 2 and 5 years old, and not yet in school, you should have received a letter about this. **Contact your GP practice to arrange their appointment.** Children must be aged 2 or above on 1st September 2015.

Flu viruses are constantly changing so it's important to repeat the vaccine every winter.

