



VACCINATION UK

Flu Vaccination

Your questions answered...

What is flu?

Flu is more than just a bad cold. It is a highly infectious virus that can spread quickly in schools and families. Children often recover well, but flu can sometimes lead to serious illness, particularly in babies, older people and those with long-term health conditions.

Why is my child being offered the vaccine?

The vaccine helps to:

- ✓ Protect your child from flu
- ✓ Reduce serious illness and hospital admission
- ✓ Reduce the spread of flu to family and friends
- ✓ Help keep children in school and parents at work

What vaccine will my child receive?

Most children are offered the 🦷 nasal spray vaccine, which is:

- quick
- painless
- needle free
- highly effective

Some children may be offered a **gelatine-free**  **injectable vaccine** if the nasal spray is not suitable or if parents choose this option where available under the programme.

Is the vaccine safe?

Yes. Millions of children have safely received the NHS flu vaccine.

Can the vaccine give my child flu?

No. The flu vaccine **cannot cause flu**.

Some children may develop mild symptoms such as a runny nose, sore arm or mild temperature while their immune system builds protection.

My child has asthma or an egg allergy.

Most children with asthma or egg allergy can still receive a flu vaccine.

Please tell the vaccination team about any medical conditions when completing your consent form.

My child has a cold.

A mild cold without a temperature is not usually a reason to delay vaccination.

If your child is unwell with a fever, the vaccination may be postponed.

Does the nasal spray contain pork gelatine?

The nasal spray contains a highly purified form of porcine gelatine, which is used to keep the vaccine stable.

A gelatine-free injectable flu vaccine is available. Please indicate this on the consent form or contact the immunisation team. ✉

Why is the vaccine needed every year?

Flu viruses change every year. The vaccine is updated annually to provide the best protection against the strains expected each winter. ❤



For more information about vaccines and our contact details please visit www.schoolvaccination.uk or scan the QR code

Part of the NHS School Aged Immunisation Service





Myths & Facts

Let's separate fact from fiction

MYTH

✗ The flu vaccine gives you flu

FACT

✓ The flu vaccine **cannot cause flu**

Some children may feel tired or have mild side effects for a day or two while their immune system builds protection.

MYTH

✗ Healthy children don't need the flu vaccine

FACT

✓ Healthy children can catch and spread flu easily

Vaccination helps protect them and people around them, including babies, grandparents and vulnerable family members.

MYTH

✗ Flu is just a bad cold

FACT

✓ Flu is much more serious than a cold

It often causes a high temperature, severe aches and can lead to complications such as pneumonia or worsening asthma.

MYTH

✗ The vaccine isn't safe

FACT

✓ The children's flu vaccine has been used safely across the UK for many years

Millions of children receive it every year.

MYTH

✗ My child had the vaccine last year so they don't need it again

FACT

✓ Flu viruses change every year

That's why a new vaccine is needed each autumn.

MYTH

✗ The only vaccine available contains pork gelatine

FACT

✓ The preferred vaccine for most children is the nasal spray, which contains a highly purified form of porcine gelatine.

A gelatine-free injectable vaccine is available for children who cannot receive the nasal spray or where parents choose this option.



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VACCINATION UK

MMR/MMRV Vaccination

Your questions answered...

What is the MMR/MMRV vaccine?

The MMR vaccine protects against measles, mumps and rubella. The MMRV vaccine also protects against chickenpox (varicella).

Why is my child being offered this vaccine?

These infections can cause serious illness and complications and are highly contagious. Vaccination is the safest and most effective way to protect your child.

Is the vaccine safe and does it cause autism?

MMR and MMRV vaccines have been used safely for many years and are closely monitored in the UK. Extensive scientific research has shown that there is no link between the MMR vaccine and autism. The vaccine has an excellent safety record and has protected millions of children worldwide.

What Type of vaccines are available, and can I choose a gelatine-free vaccine?

There are two MMR vaccines and two types of MMRV vaccines licenced for use in the UK. Priorix and Priorix Tetra are gelatine free vaccines. Ask the nurse if you prefer a gelatine free vaccine for your child.

What are the common side effects?

Common side effects include soreness at the injection site, a mild fever, a mild rash or feeling unwell. These usually settle within a few days.

Can my child have the vaccine if they have a cold?

A mild illness, such as a cold without a high temperature, is not usually a reason to delay vaccination. Inform the nurse and ask for advice prior to vaccination.

My child has an egg allergy. Can they still have the vaccine?

Children with an egg allergy can safely receive the MMR or MMRV vaccine.

Why does my child need two doses?

Two doses provide the best protection against measles, mumps and rubella and help prevent outbreaks.

Who should not receive the vaccine?

The vaccine may not be suitable for children with a severely weakened immune system or those who have had a severe allergic reaction to a previous dose. Please discuss any medical concerns with the nurse.

Reference List:

UK Health Security Agency. *The Green Book: Immunisation against infectious disease – Chapter 21: Measles and Chapter 28a: Varicella (Chickenpox).*

NHS. *MMR (Measles, Mumps and Rubella) vaccine and Chickenpox vaccine information for parents.*

Joint Committee on Vaccination and Immunisation (JCVI). *National recommendations on MMR and varicella vaccination.*

Medicines and Healthcare products Regulatory Agency (MHRA).

Vaccine safety monitoring and adverse event reporting.

World Health Organization. *Measles Fact Sheet and Vaccine Safety resources.*



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