



## It is now time for your child's yearly flu nasal spray!

The free seasonal flu spray is offered to all children and young people in:

Secondary School Years: Year 7 Year 8 Year 9 Year 10 Year 11

Even if your child received this last year it is recommended, they have it again this year or they won't be protected. With COVID-19 in circulation it is more important than ever to reduce the number of those becoming ill with flu this winter to help protect them and the NHS.

## What do you need to do?

You must complete one online consent form for each of your children.

It is important every child has a completed form which states if you would like them to receive the flu vaccination spray **or not**.

The online consent form can be found through this link or the QR code:

https://www.nottinghamshireimmunisations.co.uk/Forms/Flu

Visit date: 9th December School code: NG144768

If you decide you want to withdraw consent you must email sais@nottshc.nhs.uk at least 24 hours before your schools session.

The nasal spray may not be suitable for some children, for more information visit www.nhs.uk/child-flu

Please note: If any of the following happen after completing this form you must contact the School Aged Immunisation Service: if your child becomes wheezy, has a bad attack of asthma, has started steroid tablets for asthma or has had this vaccination anywhere else.

## How will the vaccination be given to your child?

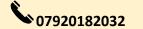
We are a team of skilled and experienced nurses and support staff. The flu vaccination is a quick and simple spray up the nose.

**Step one:** The nurse places the tip of a thin plastic tube just inside the nostril. The child can breathe normally whilst the vaccine is given.

**Step two:** Half of the vaccine is sprayed in one nostril.

**Step three:** The other half of the vaccine is sprayed into the other nostril.

If you have any questions or need support to complete the consent form, please contact our friendly team:





sais@nottshc.nhs.uk

