

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

The free seasonal flu spray is offered to all young people in years 7, 8 & 9

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: 5<sup>th</sup> January 2023

School code: NG138191

The consent link will close at 3pm the day before the session

(or Friday for sessions on Mondays)

**If you decide you want to withdraw consent you must email [sais@nottshc.nhs.uk](mailto:sais@nottshc.nhs.uk) at least 24 hours before your schools session.**

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

 07920182032

 [sais@nottshc.nhs.uk](mailto:sais@nottshc.nhs.uk)