

Flu Vaccination will take place
at St Mary's on Wednesday
14th November 2018

Public Health Nursing Service 0-19 (School Nursing)

Web: www.dorsethealthcare.nhs.uk

October 2018

Dear Parent/Guardian

Flu Vaccination for children in years Reception, 1, 2, 3, 4 and 5
Your child's annual flu vaccination is now due

We are pleased to confirm that this vaccination programme will again be provided in schools this Autumn/Winter to help protect your child against flu. Flu can be an unpleasant illness and sometimes causes serious complications. Vaccinating your child will also help protect more vulnerable friends and family by preventing the spread of flu. The flu vaccine provides protection against the strains that are predicted to circulate in the coming season. These strains may change from year to year which is why we offer the vaccination every year.

Please complete the enclosed consent form (one for each child) and return to the school as soon as possible, to ensure your child receives their vaccination. **Please note that to allow for the correct number of vaccines to be ordered, consent forms must be returned by**

Wednesday 7th November 2018 by 9am

This means that any consent forms returned after this date cannot be accepted for the session at school and an alternative clinic date will be offered. The vaccination is free and recommended for young children, and will be given by a quick and simple spray up the nose. If you decide you do not want to vaccinate your child against flu, please return the consent form giving the reason. This will help us plan and improve the service.

A leaflet explaining the vaccination programme is enclosed and includes details about the small number of children for whom the nasal vaccine is not appropriate.

Last year, most children offered the flu nasal spray in schools had the vaccination.

If your child becomes wheezy or has their asthma medication increased after you return this form, please contact your local School Nursing Team (contact numbers overleaf).



If you require further information about the vaccine, please visit
www.nhs.uk/conditions/vaccinations/child-flu-vaccine/

Yours faithfully

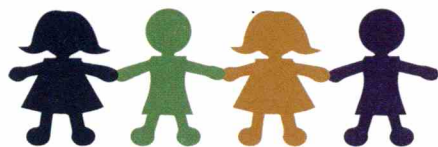
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School Nursing Team

Contact Details for your local School Nursing Team:

| | |
|---|--------------|
| Bournemouth | 01202 443035 |
| Poole | 01202 691520 |
| Christchurch, East Dorset | 01425 891162 |
| Purbeck | 01929 556422 |
| Dorchester, North Dorset, West Dorset & Weymouth and Portland | 01305 361531 |





Flu Immunisation Consent Form

SCHOOL NURSING SERVICEParent/guardian to complete – please return this form to your child's school, completed on **both sides and in black ink**, within 7 days

| Student Details | | |
|--|---|------------------------------|
| Surname: | First Name: | |
| Date of Birth: | Gender: Girl <input type="checkbox"/> Boy <input type="checkbox"/> | School name, year and class: |
| NHS Number: | Home Telephone Number: | GP Name and Address: |
| Ethnicity: | Parent/guardian mobile / daytime number: | |
| Home Address: | | |
| Postcode: | | |
| <div>Has your child been diagnosed with asthma? Yes <input type="checkbox"/> No <input type="checkbox"/> If Yes, and your child is currently taking inhaled steroids (i.e. uses a preventer or regular inhaler), please enter the medication name and daily dose (e.g. <i>Budesonide 100 micrograms, four puffs per day</i>): If Yes, and your child has taken steroid tablets because of their asthma in the past two weeks please enter the name, dose and length of course: Please let the School Nursing Team know if your child has to increase his or her asthma medication after you have returned this form or if your child has been wheezy in the three days before the vaccination session (via school if necessary).</div> <div>Has your child already had a flu vaccination this academic year? i.e. since September 2018 Yes* <input type="checkbox"/> No <input type="checkbox"/> Does your child have a disease or treatment that severely affects their immune system? (e.g. treatment for leukaemia) Yes* <input type="checkbox"/> No <input type="checkbox"/> Is anyone in your family currently having treatment that severely affects their immune system? (e.g. they need to be kept in isolation) Yes* <input type="checkbox"/> No <input type="checkbox"/> Has your child ever had a severe (anaphylactic) reaction to any previous vaccines, eggs or egg proteins? Yes* <input type="checkbox"/> No <input type="checkbox"/> Is your child receiving salicylate therapy? (i.e. aspirin) Yes* <input type="checkbox"/> No <input type="checkbox"/> *If you answered Yes to any of the above, please give details:</div> | | |
| <div>PLEASE INFORM US (in further information box overleaf) IF:<ul style="list-style-type: none">- Your child is currently taking ANTIVIRAL THERAPY- Your child has an unrepaired craniofacial malformation- Your child is on any other regular medication</div> <div>PLEASE ENSURE THAT YOU ACCESS THE WEBSITE ONLINE, AS ADVISED ON PAGE 10 IN THE ACCOMPANYING LEAFLET AND CHECK IF YOUR CHILD IS ALLERGIC TO ANY INGREDIENTS OF THE VACCINE. Please list here any ingredients your child is allergic to:</div> | | |
| NB. The nasal flu vaccine contains products derived from pigs (porcine gelatine). There is no suitable alternative flu vaccine available for otherwise healthy children. More information for parents is available from www.nhs.uk/child-flu | | |
| Consent for immunisation (please tick YES or NO) | | |
| <input type="checkbox"/> YES , I consent for my child to receive the flu immunisation. | <input type="checkbox"/> NO , I DO NOT consent to my child receiving the flu immunisation. | |
| If 'NO' please give reason(s) below: | | |
| Signature of parent/guardian (with parental responsibility): | | Date DD/MM/YYYY |

FURTHER INFORMATION FROM PARENT/GUARDIAN

Would you be happy to be contacted to find out what you thought about the service?

Yes ☐ No ☐

FOR OFFICE USE ONLY**Pre session eligibility assessment
Checking of consent form**

Child eligible for LAIV Yes ☐ No ☐

If no, give details and print name below:

Assessment completed by:
Print Name:

Eligibility assessment on day of vaccination

Has the parent/child reported the child being wheezy over the past three days?

Yes ☐ No ☐

If the child has asthma, has the parent/child reported:

- Use of oral steroids in the past 14 days?

Yes ☐ No ☐

- An increase in inhaled steroids since consent form completed?

Yes ☐ No ☐

Child eligible for LAIV

Yes ☐ No ☐

If no, give details:

For Nurse Comments Only (e.g. telephone calls to parent/guardian)

Flu Vaccine details

Date and Time: _____ Batch Number: _____ Expiry Date: _____

Vaccine type: _____ Maker: _____ Dosage (please circle): 0.1ml 0.2ml

Administered by (print name): _____

Signature: _____

¹ Asthmatic children not eligible on the day of the session due to deterioration in their asthma control should be offered inactivated vaccine if their condition doesn't improve within 72 hrs to avoid a delay in vaccinating this 'at risk' group.

Flu vaccine is offered free each year to most:

- children aged two or three years old
- primary school-aged children

and:

- all children with a health condition that puts them at greater risk from flu

Further information on which children are eligible each year can be found at:

www.nhs.uk/child-flu

Why should my child have the flu vaccine?

Flu can be a very unpleasant illness in children causing fever, stuffy nose, dry cough, sore throat, aching muscles and joints, and extreme tiredness. This can last several days or more.

Some children can get a very high fever, sometimes without the usual flu symptoms, and may need to go to hospital for treatment. Serious complications of flu include a painful ear infection, acute bronchitis, and pneumonia.

What are the benefits of the vaccine?

Having the vaccine will help protect your child from what can be a very nasty illness in children. Children under the age of five have the highest rate of hospital admissions due to flu.

It will reduce the chance of others in your family, who could be at greater risk from flu, such as grandparents or those with long term health conditions, getting flu from your child. It can help you avoid having to take time off work or other activities because you are ill or need to look after your sick child.

How effective is the vaccine?

Flu vaccine is the best protection we have against this unpredictable virus.

The effectiveness of the vaccine will vary from year to year, depending on the match between the strain of flu in circulation and that contained in the vaccine. In the UK the vaccine offered to children has provided good protection against flu since its introduction.

Why are so many children being offered the vaccine?

As well as helping to protect children who are vaccinated, the infection is then less able to spread, and so it helps to protect other family members and friends.

My child had the flu vaccination last year. Do they need another one this year?

Yes; the flu vaccine for each winter can change every year. For this reason, we recommend that your child is vaccinated against flu again this year, even if vaccinated last year.

Who will give my child their vaccination?

Children aged two, and three years old will be given the vaccination at their general practice usually by the practice nurse*.

Nearly all eligible school-aged children will be offered the vaccination in school.

Children who are home educated will be offered the vaccine, provided they are in an eligible age group. Parents can obtain information about arrangements from their local NHS England Public Health Commissioning team.

Details can be found at: www.england.nhs.uk/about/regional-area-teams/

How will the vaccine be given

For most children, it is given as a nasal spray.

* Your child will be eligible provided they were aged two or three years old on 31 August of the current flu season.

Can the vaccine cause flu?

No, the vaccine cannot cause flu because the viruses in it have been weakened to prevent this from happening.

So how does the nasal spray work?

The nasal spray contains viruses that have been weakened to prevent them from causing flu but will help your child to build up immunity. When your child comes into contact with flu viruses they will be better able to fight off the infection.

The vaccine is absorbed quickly in the nose so, even if your child sneezes immediately after having had the spray, there's no need to worry that it hasn't worked.

Are there any side-effects of the vaccine?

Children may develop a runny or blocked nose, headache, general tiredness and some loss of appetite. However, these are much less serious than developing flu or complications associated with flu.

Serious side-effects are uncommon.

What about my child who has a health condition?

Children with certain health conditions, even if well managed, are at higher risk of severe complications if they get flu. It is especially important that these children are vaccinated. These conditions include:

- serious breathing problems, for example, severe asthma needing regular inhaled or oral steroids
- serious heart conditions
- severe kidney or liver disease
- diabetes
- immunosuppression due to disease or treatment, for example, chemotherapy or radiotherapy treatment for cancer or long-term steroid use, and
- problems with the spleen, either because the spleen has been removed (asplenia) or doesn't work properly, for example, because of sickle cell or coeliac disease
- your GP may also recommend that your child is vaccinated if they have a condition that affects the nervous system such as cerebral palsy.



These children should have a flu vaccination every year from the age of six months onwards. Most will have the nasal spray vaccine but it should not be given to children under the age of two years. These children, and those for whom the nasal spray is not suitable for medical reasons, will be offered an injected vaccine.

If your child has any health condition listed on page 6 but is not offered the vaccine in school, it is important that you contact your GP to arrange an appointment.

If you are not sure whether your child needs a flu vaccination or you need more advice, speak to your practice nurse, GP or health visitor.

When will the vaccine be given?

For two and three year olds, your child's GP surgery should contact you about getting them vaccinated before the winter. If you haven't heard from their GP by early November, contact them directly to make an appointment.

For school-aged children a vaccination session will be held at school during the autumn term. If your child is eligible, the local healthcare team will contact you via the school.

If your child is at school and has a health condition that puts them at increased risk from flu (see page 6), you can ask your child's GP surgery to provide the vaccine if you don't want to wait until the school vaccination session or if this is what you prefer.

Are there any children who shouldn't have the nasal vaccine?

As children with pre-existing medical conditions may be more vulnerable to complications of flu it is especially important that they are vaccinated.

If you are unsure whether your child should get the injected vaccine or the nasal vaccine please check with the school immunisation team or the nurse or GP at your surgery.

Children who should not have the nasal vaccine include those who:

- are currently wheezy or have been wheezy in the past three days (vaccination should be delayed until at least three days after the wheezing has stopped)

- are severely asthmatic, ie being treated with oral steroids or high dose inhaled steroids
- have a condition, or are on treatment, that severely weakens their immune system or have someone in their household who needs isolation because they are severely immunosuppressed
- have severe egg allergy. Most children with egg allergy can be safely immunised with nasal flu vaccine. However, children with a history of severe egg allergy with anaphylaxis should seek specialist advice. Please check with your GP
- are allergic to any other components of the vaccine*

If your child is at high risk from flu due to one or more medical conditions or treatments and can't have the nasal flu vaccine because of this, they should have the injected flu vaccine.

Children who have been vaccinated with the nasal spray should avoid household contact with people with very severely weakened immune systems for around two weeks following vaccination.

* see the website at <http://xpil.medicines.org.uk> and enter Fluenz Tetra in the search box for a list of the ingredients of the vaccine

Can the flu vaccine be given to my child at the same time as other vaccines?

Yes. The flu vaccine can be given at the same time as all the other routine childhood vaccines. The vaccination can go ahead if your child has a minor illness such as a cold but may be delayed if your child has a fever.

Does the nasal vaccine contain gelatine derived from pigs (porcine gelatine)?

Yes. The nasal vaccine contains a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines.

The gelatine helps to keep the vaccine viruses stable so that the vaccine provides the best protection against flu.

Can't my child have the injected vaccine that doesn't contain gelatine?

The injected vaccine is not being offered to healthy children as part of this programme.

However, if your child is at high risk from flu due to one or more medical conditions or treatments and can't have the nasal flu vaccine they should have the flu vaccine by injection.

The nasal vaccine provides good protection against flu, particularly in young children.

It also reduces the risk to, for example, a baby brother or sister who is too young to be vaccinated, as well as other family members (for example, grandparents) who may be more vulnerable to the complications of flu.

Some faith groups accept the use of porcine gelatine in medical products – the decision is, of course, up to you. For further information about porcine gelatine and the nasal flu vaccine, see www.nhs.uk/child-flu-FAQ

Where can I get more information?

Visit www.nhs.uk/child-flu for more information. Talk to your GP, practice nurse, your child's school nurse or your health visitor if you have any further questions.



5 reasons

to get your child vaccinated

- 1. Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends.** Vaccinating your child will help protect more vulnerable family and friends
- 3. No injection needed.** The nasal spray is painless and easy to have
- 4. It's better than having flu.** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs.** If your child gets flu, you may have to take time off work or arrange alternative childcare

www.nhs.uk/child-flu



Public Health
England

NHS

Protecting your child against flu

Information for parents

Flu immunisation in England



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**STAYWELL
THISWINTER**

Flu **i**mmunisation

Helping to protect everyone,
every winter