



Dear parent/carers,

## Flu vaccination for children and young people

Children and young people aged 2-16 (i.e. up to Year 11) are being offered a free flu vaccine to help keep them safe this winter.

This happens every year as part of the National Flu Immunisation Programme, and the offer has been extended to school years 8-11 as a temporary measure this autumn.

We do this because flu can be an unpleasant illness – people are sometimes very unwell and can spread the virus to their friends and family.

Children and young people are given the vaccine as a nasal spray. However, the nasal spray has porcine gelatine (pork) content.

We are writing to let you know that you can opt for your child to have their vaccination as an injection rather than a nasal spray. **The flu injection does not contain porcine gelatine (pork).**

### How to request a vaccine injection

- **If your child is at school**, you will be sent an online consent form by your school. You can use this form to opt for the injectable vaccine. You can also log on to [www.nottinghamshireimmunisations.co.uk](http://www.nottinghamshireimmunisations.co.uk) to consent online.
- **If your child has an underlying health condition** and is more vulnerable to flu, they will be offered a vaccine at their GP surgery. Parents can request an injectable vaccine rather than the nasal spray via their GP.
- **If your child is 2 or 3 years old**, they will be invited for their vaccination by their GP. Parents can request an injectable vaccine via their GP.

**Please note:** If you have already declined a vaccination but have since changed your mind, call 07920 182032 to arrange a flu vaccination.

We would urge all parents to consider getting their child vaccinated against flu, especially this year. With Covid-19 still in circulation, it is important to reduce the number of those becoming ill with flu this winter to help protect them and the NHS.

If you have any questions about vaccinations, you can speak to your GP surgery or other healthcare professionals for advice. You can also visit:

[www.nhs.uk/conditions/vaccinations/child-flu-vaccine](http://www.nhs.uk/conditions/vaccinations/child-flu-vaccine)

Kind regards,

**Lucy Hubber**

Director of Public Health

Nottingham City Council

**Shujahat Aslam**

Chairman

Nottingham Council of Mosques

**Rosa Waddingham**

Chief Nurse

NHS Nottingham and  
Nottinghamshire CCG