

SHOULD MY CHILD HAVE THE NASAL FLU SPRAY?

2024/2025

Influenza (or flu) is a common and highly infectious disease caused by different strains of the Influenza virus.

Each year vaccines are updated so that they protect against the commonest strains of flu, **saving thousands of lives.**

A flu vaccine can reduce the risk of your child getting sick by **30-60%**, and prevent children being admitted to hospital because of flu.

It will also reduce the chance of vulnerable people, such as grandparents or those with long term health conditions, getting flu from your child.



THERE ARE TWO TYPES OF VACCINES IN THE UK THAT PROTECT AGAINST FLU

1. NASAL SPRAY VACCINE



This will be offered to children aged 2-3 years*, most school aged children, and to children of any age with certain long-term health conditions. It is easy and quick to give to children.

The nasal spray vaccine **contains porcine (pork) gelatine.**

2. INJECTABLE VACCINES



All adults are offered this type of vaccine. Some children who cannot have the nasal spray because it is medically unsuitable will be offered this vaccine.

The injectable vaccines **do not contain porcine derived products.**

Vaccination is a strong defence against a virus which causes severe illness and deaths every year



Children, pregnant women, and any adults with low immunity or certain health conditions (such as diabetes, heart or lung problems) are at higher risk from getting very sick with flu

Please do not delay a decision to vaccinate.

It is acknowledged by the NHS and public health that groups within British Muslim communities consider any porcine-containing products to be forbidden.

Children whose parents refuse the nasal spray vaccine due to the porcine gelatine content **can request the injectable vaccine as an alternative.** This injection, which is also for adults and elderly, has no porcine gelatine.

Speak to a trusted religious scholar about taking the nasal spray for your child if you have concerns about its porcine gelatine content.

