



Free Student Flu Vaccination Service 2022/23 (Ages 4 – 17)

Dear Sir/Madam,

At Local Pharmacy Group we understand how the flu can affect your family's health. In light of **COVID19**, vaccinations against this flu this season is of categoric importance. Flu is one of the biggest causes of **short-term illness** and **absence from school**. Schools therefore play a critical role in protecting the health of students, staff and the community from contagious diseases such as flu. **The best way to prevent related illnesses is by getting the flu vaccine each year.**

This year, **your child's school** has agreed to hold a flu vaccination clinic at their premises. In addition, the HSE have announced that Influenza Vaccine and its administration will be **FREE** for all children between the ages of 4-17.

In order to opt your child in for their school vaccination this year and protect them against the influenza virus please observe the following procedure:

- 1) Fill in our online form on www.localpharmacy.ie > [Book a vaccination/service](#) > [School book online](#) > [Your School](#).
- 2) It is of **importance** that you read the information leaflet for the nasal vaccination to ensure that your child is not allergic to any of the vaccination ingredients and to ensure your child is not contraindicated to the flu vaccination. Information can be found in this pack. Should you have any questions then please contact one of our pharmacies. Our details can be found under "Contact Us" on www.localpharmacy.ie
- 3) Once the consent form is submitted online, one of our trained members of staff will screen the form and contact you to ask further questions if necessary. **If we do not contact you then this means the pharmacist has no queries and your child's vaccination is confirmed.**
- 4) **On the day of the flu clinic, should your child feel unwell**, then the school should be notified at the earliest opportunity so that our vaccinating pharmacist can be made aware.

Thank you,

Adam Esa (Superintendent Pharmacist, Local Pharmacy Group)

FLU VACCINATION INFORMATION

Influenza (flu) is a very infectious illness caused by the flu virus. Flu spreads easily and infects both children and adults.

Children are more likely than adults to get severe complications of flu.

Children who are sick with flu miss days in crèche, childcare and school. They also miss out on their usual activities such as hobbies and sports.

The flu vaccine will help protect your child against flu and reduce the spread of flu to others. For example their brothers and sisters, parents and grandparents. Children and young people aged 2 to 17 can get the nasal flu vaccine for free.

The flu vaccine for children has been given to children in the US since 2003 and in the UK since 2013.

Children and young people aged between 2 and 17 years can get the nasal flu vaccine for free.

Your child can get the vaccine at your GP or pharmacy.

Why children should get the flu vaccine

The flu vaccine helps to protect children against flu.

Most children who get the flu have mild symptoms. But children and young people with chronic health conditions are at risk of serious complications from flu.

In some children, flu can lead to serious problems such as:

- pneumonia
- bronchitis
- inflammation of the brain (encephalitis)

Children with these complications may need hospital treatment. Some may need intensive care.

In the last 10 years in Ireland, almost 5,000 children were admitted to hospital with complications of flu. Almost 200 children had treatment in intensive care and 40 children died.

Children can catch and spread flu easily. The children's flu vaccine can help to prevent the spread of flu in schools and at home. This keeps everyone safe.

Type of vaccine for children

Children will get a nasal spray vaccine. It's called the live attenuated influenza vaccine (LAIV) nasal spray vaccine.

It's known by the brand name Fluenz Tetra and manufactured by AstraZeneca AB.

This flu vaccine is approved for children aged 2 to 17 years.

If your child has been told they cannot have the nasal flu vaccine, talk to your GP or pharmacist about them getting the vaccine as an injection.

If your child is under 2 years and at risk of complications from flu, they can get a different type of flu vaccine by injection instead of the nasal spray.

Most children only need 1 dose of the vaccine each flu season. Some children aged 2 to 8 years with chronic health conditions may need 2 doses if they have never had the flu vaccine before. Your GP or pharmacist will know if they need 2 doses. The doses are given 4 weeks apart.

How the nasal flu vaccine is given

The vaccine is given as a spray in each nostril. It is not painful and is absorbed quickly.

If your child sneezes or blows their nose after vaccination, the vaccine dose does not need to be repeated.

It takes 2 weeks for the vaccine to work.

Who should not get the nasal flu vaccine

Your child should **not** get the vaccine if they:

- have had a severe allergic reaction to a previous dose of the flu vaccine or any of its ingredients
- have severe asthma or if they have been wheezy or needed their inhaler more than usual in the 3 days before the vaccination
- are taking medicines called salicylates, which include aspirin

- have taken influenza antiviral medication within the previous 48 hours
- have a severely weakened immune system because of certain medical conditions or treatments
- are living with someone who has a severely weakened immune system - for example, a person who has to live in isolation in the months following a bone marrow transplant
- have a condition which means they have a leak of cerebrospinal fluid (CSF) - the fluid that surrounds the brain and spinal cord
- have severe neutropenia (low levels of a type of white blood cell), except for those with primary autoimmune neutropenia
- are on combination checkpoint inhibitors, for example ipilimumab plus nivolumab, which are used to treat cancer
- are pregnant
- have a cranial cerebrospinal fluid (CSF) leak

Your child may not be able to have the nasal flu vaccine if they have had a cochlear implant. Ask your child's hearing specialist if your child can have the nasal flu vaccine.

Get specialist advice if your child needs regular oral steroids or they have previously needed ICU care for asthma.

Safety

All vaccines are tested to make sure they will not harm you or your child.

The nasal flu vaccine is very safe and has been given to millions of children around the world.

It has been given to children in:

- the US since 2003
- the UK since 2013
- Ireland since 2020

It's safe for children to get the nasal flu vaccine at the same time, before, or after any of the vaccines that may be offered to them. This includes their school vaccines or COVID-19 vaccines.

When to delay flu vaccine

Delay your child's flu vaccine if they:

- are unwell and have a high temperature - wait until they feel better
- have a very blocked or runny nose - wait until their nose is clear

Ingredients in nasal flu vaccine

There is a very small amount of gelatin in the nasal flu vaccine. Gelatin is used as a preservative in the vaccine.

The Irish Council of Imams have said that it is OK for Muslims to have vaccines containing gelatin.

There is no thiomersal, aluminium or mercury in the flu vaccines we use.

Side effects

Your child might have some mild side effects after their vaccine. Some of the side effects can be similar to flu. But they will not get the flu from the nasal flu vaccine.

Serious side effects such as a severe allergic reaction are rare.

The most common side effects are mild and include:

- headache
- runny or blocked nose
- muscle aches
- tiredness
- loss of appetite

Some children get a fever (high temperature) after the vaccine. It is usually mild and goes away on its own.

If your child has a headache, you can give them paracetamol or ibuprofen. These side effects should go away in a day or 2.

Important

Never give your child aspirin or any medicines that contain aspirin unless your GP prescribes them. This is especially important in the 4 weeks after getting the flu vaccine.

In very rare cases, Guillain-Barré syndrome (GBS) has been reported. GBS is a condition that affects the nerves in the body. It causes nerve inflammation and can cause pain, numbness, muscle

weakness and difficulty walking. The risk of GBS after having the flu is greater than after getting the flu vaccine.

Immunity

Generally, flu vaccines reduce the risk of infection by 40% to 60%.

But even if your child gets the vaccine, they could still get the flu. This is because the vaccine does not protect against 100% of infections.

If your child does not get the flu vaccine, they should take extra care to protect themselves from flu.

Protect your child from flu

As well as getting the vaccine, protect your child from flu by making sure they:

- wash their hands properly and often with soap and water or alcohol hand sanitiser
- cover coughs or sneezes with a tissue or their sleeve
- put used tissues into a bin

Flu vaccine and COVID-19

The nasal spray flu vaccine does not protect your child from COVID-19.

Children can get the COVID-19 vaccine at the same time as the flu vaccine

Source: HSE

Package leaflet: Information for the user

Fluenz Tetra nasal spray suspension Influenza vaccine (live attenuated, nasal)

Read all of this leaflet carefully before the vaccine is given because it contains important information for you or your child.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, nurse or pharmacist.
- This vaccine has been prescribed for you or your child only. Do not pass it on to others.
- If any of the side effects gets serious, talk to your doctor, nurse or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet:

1. What Fluenz Tetra is and what it is used for
2. What you need to know before you are given Fluenz Tetra
3. How Fluenz Tetra is given
4. Possible side effects
5. How to store Fluenz Tetra
6. Contents of the pack and other information

1. What Fluenz Tetra is and what it is used for

Fluenz Tetra is a vaccine to prevent influenza (flu). It is used in children and adolescents 24 months to less than 18 years of age. Fluenz Tetra will help to protect against the four virus strains contained in the vaccine, and other strains closely related to them.

How Fluenz Tetra works

When a person is given the vaccine, the immune system (the body's natural defence system) will produce its own protection against the influenza virus. None of the ingredients in the vaccine can cause the flu.

Fluenz Tetra vaccine viruses are grown in chicken eggs. Each year the vaccine targets four strains of influenza, following the annual recommendations by the World Health Organisation.

2. What you need to know before you are given Fluenz Tetra

You will not be given Fluenz Tetra:

- **if you are allergic** to gentamicin, gelatin or any of the other ingredients of this vaccine (listed in section 6 "Contents of the pack and other information").
- if you have ever had a severe allergic reaction to eggs or egg proteins. For signs of allergic reactions, see section 4 "Possible side effects".
- if you have a **blood disorder** or a **cancer that affects the immune system**.
- if you have been **told by your doctor** that you have a **weakened immune system** as a result of a disease, medicine or other treatment.

- **if you are already taking *acetylsalicylic acid*** (a substance present in many medicines used to relieve pain and lower fever). This is because of the risk of a very rare but serious disease (*Reye's syndrome*).

If any of these apply, **tell your doctor, nurse or pharmacist. Warnings and precautions**

Talk to your doctor, nurse or pharmacist before vaccination:

- if the **child is less than 24 months of age**. Children less than 24 months of age should not receive this vaccine because of the risk of side effects.
- if you have **severe asthma** or are currently wheezing.
- if you are in **close contact with someone with a severely weakened immune system** (for example, a bone marrow transplant patient needing isolation).

If any of these apply, **tell your doctor, nurse or pharmacist before vaccination**. He or she will decide if Fluenz Tetra is suitable for you.

Other medicines, other vaccines and Fluenz Tetra

Tell your doctor, nurse or pharmacist if the person being vaccinated is taking, has recently taken or might take any other medicines, including medicines that do not require a prescription.

- **Do not give *acetylsalicylic acid*** (a substance present in many medicines used to relieve pain and lower fever) **to children** for 4 weeks after vaccination with Fluenz Tetra unless your doctor, nurse or pharmacist tells you otherwise. This is because of the risk of *Reye's syndrome*, a very rare but serious disease that can affect the brain and liver.
- **It is recommended that Fluenz Tetra is not given** at the same time as influenza-specific **antiviral medicines**, such as *oseltamivir* and *zanamivir*. This is because the vaccine may work less effectively.

Your doctor, nurse or pharmacist will decide if Fluenz Tetra can be given at the same time as other vaccines.

Pregnancy and breast-feeding

- If you are **pregnant**, think you may be pregnant, plan to become pregnant soon or are breastfeeding, **tell your doctor, nurse or pharmacist** before receiving this vaccine. Fluenz Tetra is **not recommended** for women who are pregnant or are breast-feeding.

Driving and using machines

- Fluenz Tetra has no or negligible influence on the ability to drive and use machines.

3. How Fluenz Tetra is given

Fluenz Tetra will be administered under the supervision of a doctor, nurse or pharmacist.

Fluenz Tetra must only be used as a nasal spray.

Fluenz Tetra must not be injected.

Fluenz Tetra will be given as a spray in each nostril. You can breathe normally while you are given Fluenz Tetra. You do not need to actively inhale or sniff.

Dosage

The recommended dose for children and adolescents is 0.2 ml Fluenz Tetra, administered as 0.1 ml in each nostril. **Children who have not previously had an influenza vaccine** will receive a second,

follow-up dose after an interval of at least 4 weeks. Follow your doctor, nurse or pharmacist's instructions about if and when your child should return for the second dose.

If you have any further questions on this vaccine, ask your doctor, nurse or pharmacist.

4. Possible side effects

Like all medicines, this vaccine can cause side effects, although not everybody gets them. In clinical studies with the vaccine, most side effects were mild in nature and short term.

Ask your doctor, nurse or pharmacist if you want more information about possible side effects from Fluenz Tetra.

Some side effects may be serious

Very rare

(may affect up to 1 in 10,000 people): severe allergic reaction: signs of a severe allergic reaction may include shortness of breath and swelling of the face or tongue.

Tell your doctor straight away or seek urgent medical care if you experience any of the effects above.

Other possible side effects of Fluenz Tetra

Very common

(may affect more than 1 in 10 people):

- runny or stuffy nose
- reduced appetite weakness

Common

(may affect up to 1 in 10 people):

- fever
- muscle aches headache

Uncommon

(may affect up to 1 in 100 people):

- rash
- nose bleed
- allergic reactions

Reporting of side effects

If you get any side effects, talk to your doctor, nurse or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via **the national reporting system** listed in [Appendix V](#). By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Fluenz Tetra

Keep this vaccine out of the sight and reach of children.

Do not use this vaccine after the expiry date which is stated on the applicator label after the letters EXP.

Store in a refrigerator (2°C to 8°C). Do not freeze.

Keep the nasal applicator in the outer carton in order to protect from light.

Before use, the vaccine may be taken out of the refrigerator once for a maximum period of 12 hours at a temperature not above 25°C. If the vaccine has not been used after this 12 hour period, it should be discarded.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Fluenz Tetra contains

The active substances are:

Reassortant influenza virus* (live attenuated) of the following four strains**:

A/Guangdong-Maonan/SWL1536/2019 (H1N1)pdm09 - like strain (A/Hawaii/66/2019, MEDI 326775)	10 ^{7.0±0.5} FFU***
A/Hong Kong/2671/2019 (H3N2) - like strain (A/Hong Kong/2671/2019, MEDI 325078)	10 ^{7.0±0.5} FFU***
B/Washington/02/2019 - like strain (B/Washington/02/2019, MEDI 323797)	10 ^{7.0±0.5} FFU***
B/Phuket/3073/2013 - like strain (B/Phuket/3073/2013, MEDI 306444)	10 ^{7.0±0.5} FFU***
.....	per 0.2 ml dose

* propagated in fertilised hens' eggs from healthy chicken flocks.

** produced in VERO cells by reverse genetic technology. This product contains genetically modified organisms (GMOs). *** fluorescent focus units.

This vaccine complies with the WHO (World Health Organisation) recommendations (Northern Hemisphere) and EU decision for the 2020/2021 season.

The other ingredients are sucrose, dipotassium phosphate, potassium dihydrogen phosphate, gelatin (porcine, Type A), arginine hydrochloride, monosodium glutamate monohydrate and water for injections.

What Fluenz Tetra looks like and contents of the pack

This vaccine is presented as a nasal spray suspension in a single-use nasal applicator (0.2 ml) in a pack size of 1 and 10. Not all pack sizes may be available in your country.

The suspension is colourless to pale yellow, clear to slightly cloudy. Small white particles may be present.

Marketing Authorisation Holder and Manufacturer

Marketing Authorisation Holder:

AstraZeneca AB
SE-151 85

Södertälje
Sweden

Manufacturer:

MedImmune Pharma B.V.,
Lagelandseweg 78
Nijmegen, 6545CG
Netherlands

MedImmune, UK Limited
Plot 6, Renaissance Way
Boulevard Industry Park Speke
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For any information about this medicine, please contact the local representative of the Marketing Authorisation Holder:

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Slovenija

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Slovenská republika

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Suomi/Finland

AstraZeneca Oy
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United Kingdom

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This leaflet was last revised in.

Other sources of information

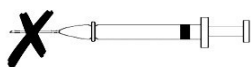
Detailed information on this medicine is available on the European Medicines Agency web site:
<http://www.ema.europa.eu>.

Instructions for healthcare professionals

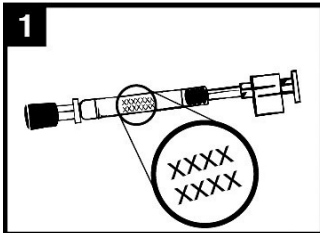
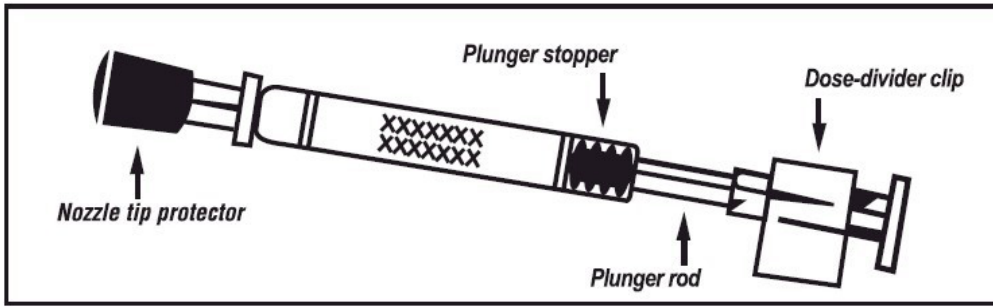
The following information is intended for healthcare professionals only:

Fluenz Tetra is for nasal use only.

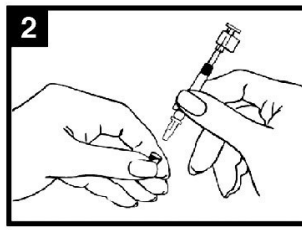
- **Do not use with a needle.** Do not inject.



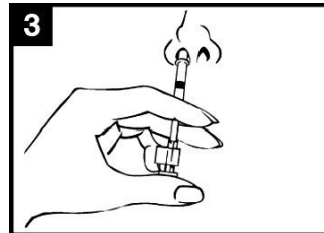
- Do not use Fluenz Tetra if the expiry date has passed or the sprayer appears damaged, for example, if the plunger is loose or displaced from the sprayer or if there are any signs of leakage.
- Check the appearance of the vaccine before administration. The suspension should be colourless to pale yellow, clear to opalescent. Small white particles may be present.
- Fluenz Tetra is administered as a divided dose in both nostrils as described below. (See also, *How Fluenz Tetra is given*, in section 3).
- After administering half of the dose in one nostril, administer the other half of the dose in the other nostril immediately or shortly thereafter.
- The patient can breathe normally while the vaccine is being administered – there is no need to actively inhale or sniff.



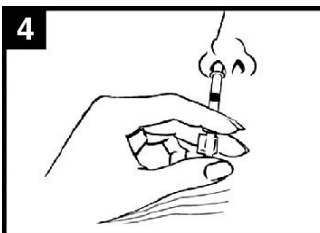
1
Check expiry date
 Product must be used before date on applicator label.



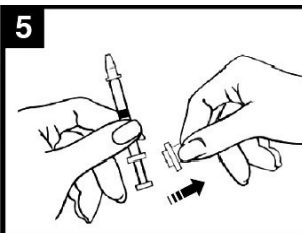
2
Prepare the applicator
 Remove rubber tip protector. Do not remove dose-divider clip at the other end of the applicator.



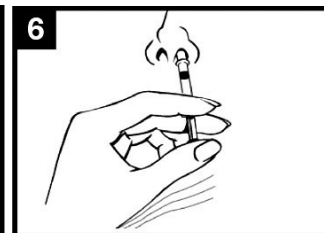
3
Position the applicator
 With the patient in an upright position, place the tip just inside the nostril to ensure Fluenz Tetra is delivered into the nose.



4
Depress the plunger
 With a single motion, depress plunger **as rapidly as possible** until the dose-divider clip prevents you from going further.



5
Remove dose-divider clip
 For administration in the other nostril, pinch and remove the dose-divider clip from plunger.



6
Spray in other nostril
 Place the tip just **inside the other nostril** and with a single motion, depress plunger **as rapidly as possible** to deliver remaining vaccine.

See section 5 for advice on storage and disposal.

Flu Vaccine

for Children
aged 2-17



Public Health
Advice



Protect yourself.
Protect others.





Flu Vaccine for children aged 2-17

This year, all children aged 2-17 years will be offered the flu vaccine free of charge.

This leaflet explains why it is important that children get the flu vaccine. It tells you where your child can get the flu vaccine and important information about the vaccine.

Please read carefully.

What is flu?

Influenza (flu) is a very infectious illness caused by the flu virus. Flu spreads easily and infects both children and adults.

Flu circulates in the community during the flu season. The flu season usually starts at the beginning of October and lasts until the end of April.

How does flu affect children?

Children are more likely than adults to get severe complications of flu.

Children who are sick with flu miss days in crèche, childcare and school. They also miss out on their usual activities such as hobbies and sports.



Over the last 10 years in Ireland:

- Almost **5000** children were hospitalised because of flu
- Almost **200** needed intensive care
- Sadly **40** children died

Can flu cause serious illness in children?

Yes. Complications of flu include pneumonia, bronchitis, and, on rare occasions, inflammation of the brain (encephalitis).

Children with chronic health conditions are most at risk of the serious complications of flu.

How will the flu vaccine protect my child?

The flu vaccine helps your child's immune system to produce antibodies (proteins that fight infection).

If your child has had the flu vaccine and they come into contact with the flu virus, the vaccine can stop them from getting sick.



If my child gets the flu vaccine, are other people protected?

If your child gets the flu vaccine, it reduces the spread of flu to others. This helps protect people around them from flu, for example their brothers and sisters, parents and grandparents.

If enough children are vaccinated fewer people will need treatment in hospital. This is very important for our health services especially during the COVID-19 pandemic.

What is the name of the flu vaccine for children?

The flu vaccine for children is called Fluenz Tetra.

The flu vaccine for children has been given to children in the US since 2003 and in the UK since 2013.



How is the vaccine given?

Your GP (Doctor) or pharmacist will give the vaccine as a spray up your child's nose (nasal vaccine). They will spray once in each nostril. There is no need for an injection and it's pain free.

Your child can breathe normally while getting the vaccine. There is no need to take a deep breath or sniff.

Some children who have chronic health conditions like chronic heart or lung conditions may need two doses, given four weeks apart.

Are there any children who should not get the nasal flu vaccine?

A very small number of children will not be able to get the nasal flu vaccine because of medical reasons.

Your child should **not** get the vaccine if they:

- have had a severe allergic reaction to a previous dose of the flu vaccine or any of its ingredients



- have severe asthma or if they have been wheezy or needed their inhaler more than usual in the three days before the vaccination
- are taking medicines called salicylates, which include Aspirin
- have a severely weakened immune system because of certain medical conditions or treatments
- are living with someone who has a severely weakened immune system (for example, a person who recently had a bone marrow transplant)

If your child cannot get the flu vaccine using a nasal spray (nose spray), your GP (Doctor) or pharmacist will talk to you about giving your child a different flu vaccine, which is given by injection.

Can the nasal flu vaccine give you the flu?

No. The nasal flu vaccine will not give your child the flu.

Are there any side effects of the nasal flu vaccine?

The flu vaccine is a very safe vaccine.

The most common side effects are mild. They include a runny or blocked nose, headache and muscle aches. Some children get a fever (temperature) after the vaccine, but it is usually mild and goes away on its own.

Serious side effects such as a severe allergic reaction are very rare.



What if my child doesn't feel well after vaccination?

If your child has a fever (temperature) or a headache, you can give them paracetamol or ibuprofen. Do not give Aspirin or medicines called salicylates to children, unless they have been prescribed by a doctor. This is especially important in the 4 weeks after getting the vaccine.

Talk to your GP (Doctor) or pharmacist if your child is very unwell after the vaccine, as it may be for some other reason.

My child is allergic to eggs.

Can they get the nasal flu vaccine?

Yes. If your child is allergic to egg, they can get the flu vaccine. Talk to your GP (Doctor) or pharmacist.

My child has asthma.

Can they get the nasal flu vaccine?

Yes. Most children with asthma can get the flu vaccine.

Your child should not get the nasal flu vaccine if they have severe asthma or if they have been wheezy or needed their inhaler more than usual in the three days before the vaccination.

Talk to your GP (Doctor) or pharmacist.

My child is under 2 years of age; can they get the nasal flu vaccine?

No. The nasal flu vaccine can only be given to children from their second birthday.

If your child has a chronic health condition which means that they are at risk from flu, they can get a different flu vaccine which is given by injection. Talk to your GP (Doctor) or pharmacist.

My child is over 17 years of age. Can they get the nasal flu vaccine?

No. If your child has a chronic health condition which means that they are at higher risk from flu, they can get a different flu vaccine which is given by injection.

Talk to your GP (Doctor) or pharmacist.



Will the flu vaccine protect my child against COVID-19?

No. The flu vaccine doesn't protect against COVID-19. It is important to get both the flu vaccine and the COVID-19 vaccine. This is because Flu and COVID-19 are caused by different viruses. Flu and COVID-19 can both cause serious illness and if your child gets them they might need to be admitted to hospital. It may be difficult to tell the symptoms of flu apart from the symptoms of COVID-19.



If they have had the COVID-19 vaccine they should still get the flu vaccine.

They can get a COVID-19 vaccine at the same time as the flu vaccine if it is offered to them.

Where can I get the nasal flu vaccine for my child?

You can get the nasal flu vaccine from your GP (Doctor) or pharmacist.

What does the nasal flu vaccine cost?

If your child is aged 2-17 years, the vaccine and the consultation with your GP (Doctor) or pharmacist are free.



For more information see: www.hse.ie/flu

You can also find a link to the patient information leaflet for the vaccine at www.hpra.ie. Search for Fluenz Tetra to read the relevant patient information leaflet.

National Immunisation Office

www.hse.ie/flu

Order Code: HNI01369

September 2021

