

School Nurse Immunisation Team

Nasal Flu Spray



Easy Read



Flu is an illness that will make you feel very unwell.

The flu spray can protect you from flu.



The flu spray is a quick, painless spray up your nose.

It is NOT an injection.



When it is time to have your flu spray you will be taken to the room where it will be given.

You will be asked your name.



You will be given some hand gel to rub into your hands.



You will be taken to the nurse who will give your flu spray.

You will sit or stand next to the nurse.

They will ask you some questions to check you are well before giving the flu spray.



The nurse who gives your flu spray will wear a mask and face shield to keep us all safe from coronavirus.



If you have asthma, the nurse will ask you when you last used your inhaler.



The nurse will squirt the spray up one side of your nose.

Then the other side.



The flu spray doesn't hurt.

It might feel a bit wet.

It might make your nose runny or make you sneeze.

The nurse will give you a tissue.

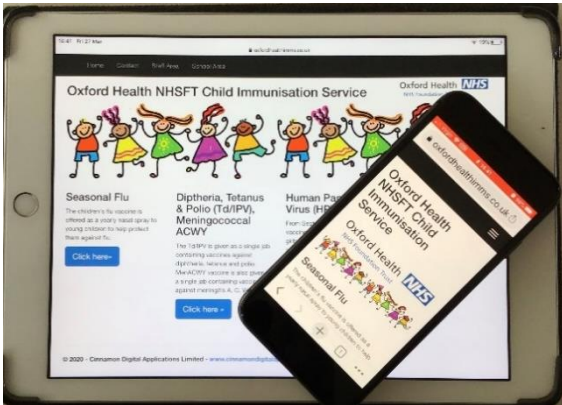


Well done!

Having the flu spray will help protect you against the flu.

Notes for parents

A very few children may not be able to have the nasal flu immunisation, usually if they have severe asthma or have a severe allergy to the vaccine components. If this is the case, then they may be able to have a flu injection instead. We will provide this in a community clinic not in school.



Please remember to complete your on line consent form at least two working days before the school session. We will not be able to provide the immunisation for your child if your form is not submitted on time. Please provide a daytime contact number so we can speak to you if we need any more information.

If your child is absent from school on the day of the session you can book an appointment at one of our community clinics: but we will not be returning to schools to offer catch up immunisations.

Your GP will not provide the nasal flu immunisation unless your child has a long-term health condition that puts them at greater risk from the flu.



Please call the nasal immunisation 'the flu spray', not 'the flu jab' to avoid unnecessary distress.

Please contact us if you need more information or have any questions about your child's immunisation.

ImmunisationTeam@Oxfordhealth.nhs.uk

Please find further information on our webpage

<https://www.oxfordhealth.nhs.uk/school-health-nurses/immunisations/flu-immunisations>