

FREE Flu Vaccine for Children (nasal spray)

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

- Children/Young People are more likely than adults to get severe complications of flu. Children with chronic health conditions are most at risk of the serious complications of flu.
- Children/Young People 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 Children's Flu Vaccine is available for children aged 2-17 years free of charge from your GP or Pharmacist from October to the end of December 2020.

- This is a 'no needle' vaccine which is administered as a single nasal spray in each nostril. The child/young person can breathe normally while getting the vaccine. There is no need to take a deep breath or sniff.
- It will help protect your child/young person against flu and reduce the spread of flu to others, for example their brothers and sisters, parents and grandparents. This is particularly important in the context of proposed guidelines on visiting between the 18th December – 7th January in which visitors to the home from two other households is permitted. Visitors over the age of 65 years old (e.g. visiting grandparents) or people with other long terms conditions are more at risk from complications if they catch the flu.



Other countries, including the UK have been offering flu vaccine to children for many years. Go to www.hse.ie/flu to find out more about the Children's Nasal Flu Vaccine and help your family keep well this Winter.