



IntraHealth

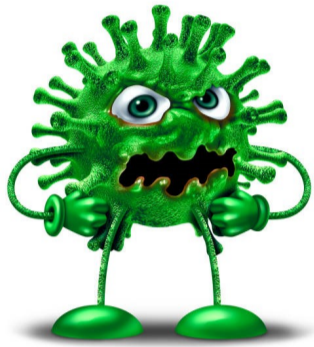
**NHS**

Providing NHS services

## Flu vaccinations—Don't Let Flu Catch You!

Flu is a serious virus that mainly affects your respiratory system.

The flu vaccine helps to protect your child and family against the virus, especially those that have other health problems.



### The Flu—What Do You Know?

*“I had a vaccine last year, I don't need it again.”*

The flu virus changes every year so it is important to have your vaccine every year to stay protected.

*“Flu isn't that bad, it's just like a bad cold.”*

Flu is much worse than a cold, lots of people including children end up in hospital and even die from flu every year.

*“The vaccine makes you poorly.”*

You can't catch flu from having the vaccine. Sometimes, if you are becoming ill and then have the vaccine it can seem like the vaccine has caused it.

*“I have a healthy lifestyle, I don't need it.”*

It is still important that we protect our families by taking the vaccine. Even if we can fight off the virus, vulnerable people might not be able to.

1. Your school will send you a paper consent form or an econsent link to complete for your child.
2. Complete and return your consent form to school or submit straight away.
3. A trained nurse will visit your school and administer the vaccine to your child.
4. You will get notification your child has had the vaccination in the form of a post vaccination slip.



For any more information please contact us on:

Tel: 0333 358 3397

**The Date for your school's Flu Vaccinations is—TBC**