

Keeping your children happy, healthy and well this winter.

Children are especially vulnerable to catching and spreading the flu, which can sometimes lead to serious complications like pneumonia.

The free flu vaccine is the safest and most effective way to protect your child. By vaccinating your child you're also helping to protect other family members, particularly those at higher risk of severe illness, such as younger babies and grandparents. Flu can change each year so it's important that even if your child was vaccinated last year, that they are vaccinated again this year.

School aged children (from Reception to Year 11) are given the flu vaccine as a quick and painless nasal spray at school. You will receive information from IntraHealth about when your child will be vaccinated and a consent form to sign.

The nasal flu vaccine contains a form of gelatine (porcine gelatine). If you prefer a vaccine without gelatine, an injectable option is available. Make sure you tick this option on your consent form. This injection may also be more suitable for children with allergies or other medical conditions. If your child misses their vaccination at school, you can call IntraHealth on 0333 3583 397 to arrange an appointment.

Children who are home-schooled should be offered a flu vaccine at a community clinic. Children who are 4 years old but have not started school can get the flu vaccine at their GP practice.

COVID-19

Children and young people with certain long-term health conditions, or who are immunosuppressed, may also need a COVID-19 vaccination. They are at higher risk of serious illness and hospital admission if they catch COVID-19. Vaccination reduces this risk. COVID-19 vaccinations are not given at schools. If you think your child is eligible for the vaccination, please call the Care Gateway on **0161 947 0770** or **0800 092 4020**.

Vaccines are important all year round

Vaccines are the most effective way to prevent many infectious diseases. The timeline overleaf shows the vaccines your child should have once they are at school and when.

Are you up-to date?

Check their Red Book or contact your GP practice if you're not sure. It's important that vaccines are given on time but it's never too late to catch up on missed doses.

All school aged children should have already received 2 doses of MMR –if they haven't please contact your GP or school immunisation team.

For more information on childhood vaccinations, go to: **www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them**

GET WINTER STRONG



NHS

Greater Manchester

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CHILDHOOD VACCINATION TIMELINE



For more information on winter vaccines:



Search: NHS GM winter vax
Visit: www.gmintegratedcare.org.uk/winter-vaccinations