



Nasal Flu Vaccine Consent Form

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 including pneumonia, bronchitis and encephalitis. Children who are sick with flu miss days in crèche, childcare and school.

The vaccine is given as a single spray in each nostril of your child's nose.

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

The vaccine is not painful and is absorbed quickly. It will work even if your child has a runny nose, sneezes or blows their nose after the vaccination.

Most children need only 1 dose of the vaccine each year. Children with chronic health conditions like chronic heart or lung conditions may need 2 doses. The doses are given 4 weeks apart if they have never had a flu vaccine.

Your child should not get the vaccine if they:

- have had a severe allergic reaction/anaphylaxis to a previous dose of the flu vaccine or any of its ingredients
- are taking medicines called salicylates, which include aspirin
- have a severely weakened immune system because of certain medical conditions or treatments
- have taken influenza antiviral medication in previous 48 hours
- are living with someone who has a severely weakened immune system - eg someone who has had a recent bone marrow transplant
- asthma-if your child has increased wheezing/additional Ventolin use in the previous 72 hours they will need to delay getting the vaccine.
- If your child has asthma and has been needing regular oral steroids or has been admitted to ICU you will need to contact us/their hospital team to discuss vaccination.

You should delay your child's vaccination if they are unwell and have a high temperature.

The most common side effects are mild and include:

- a runny or blocked nose
- headache
- fever
- muscle aches

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

If your child has a fever or a headache, you can give them paracetamol or ibuprofen.

Never give aspirin or medication including aspirin eg disprin to children unless prescribed by a doctor. This is especially important in the 4 weeks after getting the flu vaccine.

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

There is no evidence that you can catch flu from the nasal flu spray.

I confirm that I have read and understand the above information and consent for my child to be vaccinated with the nasal flu vaccine.

Child's name.....

Parents Signature.....

Date stamp

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