

What to expect when your child gets their flu vaccination this Winter

This winter, your child will be eligible for a flu vaccination.

School aged children are offered the vaccination every winter. As the virus changes, it means the flu vaccination offered last year, won't be effective this year.

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You will be contacted as a parent or guardian to give permission directly from the School Age Immunisation Service by email or text message.



Your child may experience some side effects after having their vaccination. They're usually mild and get better within 1 to 2 days. They include:

- Pain or soreness where the injection was given
- A slightly raised temperature
- Some aches and pains



Flu is a common winter illness, but it can sometimes make you very unwell. Having the vaccination protects your child, other children, family and elderly grandparents.



Flu vaccinations are free, safe and delivered by the NHS.

The vaccination will not give you flu. However, if you are worried about your child please contact your local GP, or call 111 if symptoms get worse.

How flu vaccines help people with Diabetes this winter

Getting flu makes your blood sugar harder to manage, and living with diabetes can make it harder for your body to fight infections such as flu.



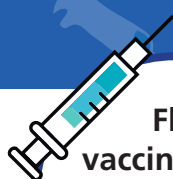
Vaccination helps reduce your risk of serious illness and gives you extra protection during the colder months.

Even if your diabetes is well managed, you're still more likely to become seriously unwell from these infections than someone without diabetes.



You can book your vaccines online via the NHS website. Help keep yourself well this winter.

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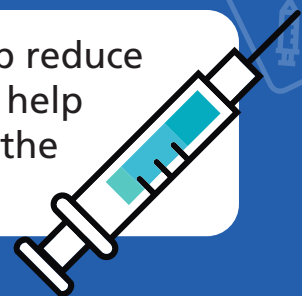
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How flu vaccines support respiratory conditions

If you have a respiratory condition such as asthma, COPD, or another long-term lung condition, it's important to get the protection you're offered against flu.

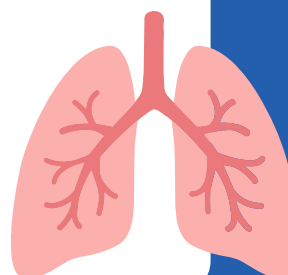


Vaccination is a safe and effective way to help reduce your risk of becoming seriously unwell and can help you stay healthy and independent throughout the winter months.



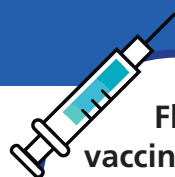
Flu can affect your lungs and airways, making breathing symptoms worse. It is more likely to trigger a severe asthma attack and can cause increased mucus in patients with COPD, which can lead to severe flare ups.

Even if your condition is normally well controlled, respiratory infections can have a significant impact on your health.



To check your eligibility visit the NHS website. If you're eligible, vaccines can be booked through your local pharmacy.

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Stay Well This Winter with the RSV vaccine

The RSV vaccine helps protect against respiratory syncytial virus (RSV) infections.

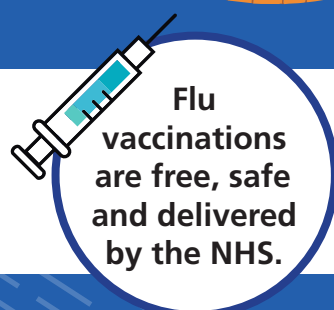
RSV is a common cause of coughs and colds. Most people get it several times during their life. It usually gets better by itself, but in some people (especially babies and older adults) it can cause more serious illnesses.



You can get a free RSV vaccination on the NHS if:

- You're 28 weeks pregnant or more – the vaccine is recommended during every pregnancy to help protect your baby after they're born
- You're aged 75 or over
- You're aged 65 to 74 and have a weakened immune system or have a long-term lung condition (this does not include asthma that is under control)
- You live in a care home for older adults

Speak to your GP or midwife about getting the vaccine.



The vaccination will not give you flu. However, if you are worried please contact your local GP, or call 111 if your symptoms get worse.