

2021 edition



Flu vaccine

For secondary school pupils



Flu can be serious.

The flu vaccine is now being offered to all secondary school pupils in Scotland. It's normally given at school between October and December.

NHS Scotland recommends you get your flu vaccine this year. This is for three reasons:

1. Flu can be serious, even for healthy people.
2. To reduce the risk of spreading flu to friends and family.
3. To help prevent the flu virus putting extra strain on our NHS services this winter.

*Given as
a painless
nasal spray*



You'll receive a consent form from school. It's important you talk about this with your parent or carer, and complete and return the consent form to school.

Scan me to find out about the flu vaccine



What is flu?



- Influenza – what we call flu – is an infectious virus and can be serious.
- When people cough or sneeze, the flu virus spreads through the air. We can then catch flu by touching surfaces where it has landed, then touching our eyes, nose and mouth.
- It can cause us to be seriously unwell and we usually catch flu from someone who already has it.
- Every year in Scotland, people are hospitalised for the treatment of flu or its complications.

Symptoms of flu

Flu symptoms are worse than a normal cold and may include:

- stuffy nose, dry cough and sore throat
- fever and chills
- aching muscles and joints
- headaches
- extreme tiredness.

These symptoms can last between two and seven days. You may have a very high temperature, sometimes without other obvious symptoms, and may need to go to hospital for treatment.

How do I protect myself from flu?

The flu vaccine is the safest, most effective way to protect ourselves against flu. It will also help reduce the risk of spreading it to friends and family who are more at risk from flu, like grandparents or people with health conditions.

How is the flu vaccine given?

Most school pupils will be given the flu vaccine as a nasal (nose) spray into each nostril. It's quick and painless and there is no need to sniff or inhale the vaccine. It will just feel like a tickle in the nose.

The nasal spray vaccine contains a highly processed form of gelatine (pork gelatine), which is used in many essential medicines. The gelatine helps to keep the vaccine viruses stable so that the vaccine provides the best protection against flu.

Many faith groups, including Muslim and Jewish communities, have approved the use of vaccines containing gelatine. However, it's your choice whether or not you want to get the nasal spray vaccine. For religious reasons, you can ask for the vaccine as an injection in the arm instead, by ticking the box on the consent form.

NHS Scotland will make sure the vaccine is given safely. Strict infection prevention and control measures will be in place.

Is the vaccine safe?

All medicines and vaccines are tested for safety and efficacy before they are allowed to be used. Once they're in use, the safety of vaccines continues to be monitored.

The nasal spray flu vaccine has been used safely since 2014 and millions of doses of the vaccine have been given to school pupils in the UK. The flu vaccine cannot give you flu, but it can stop you catching it.

Are there any side effects?

As with all vaccines, side effects of the flu vaccine are possible but they are usually mild. They may include:



headache



muscle aches



runny or
blocked nose

Less common side effects include a nosebleed after the nasal spray vaccine.

If you get the vaccine as an injection in the arm, there may be a painful, heavy feeling and tenderness in the arm afterwards. If you do experience any of these side effects, they will wear off after a couple of days. These side effects are much less serious than getting flu.



How well does the vaccine work?

Over the last few years the flu vaccine has worked very well, providing protection against flu. It has also reduced the chance of spreading flu into the wider community.

The flu vaccine should start to protect you about 10 to 14 days after you get the vaccine.



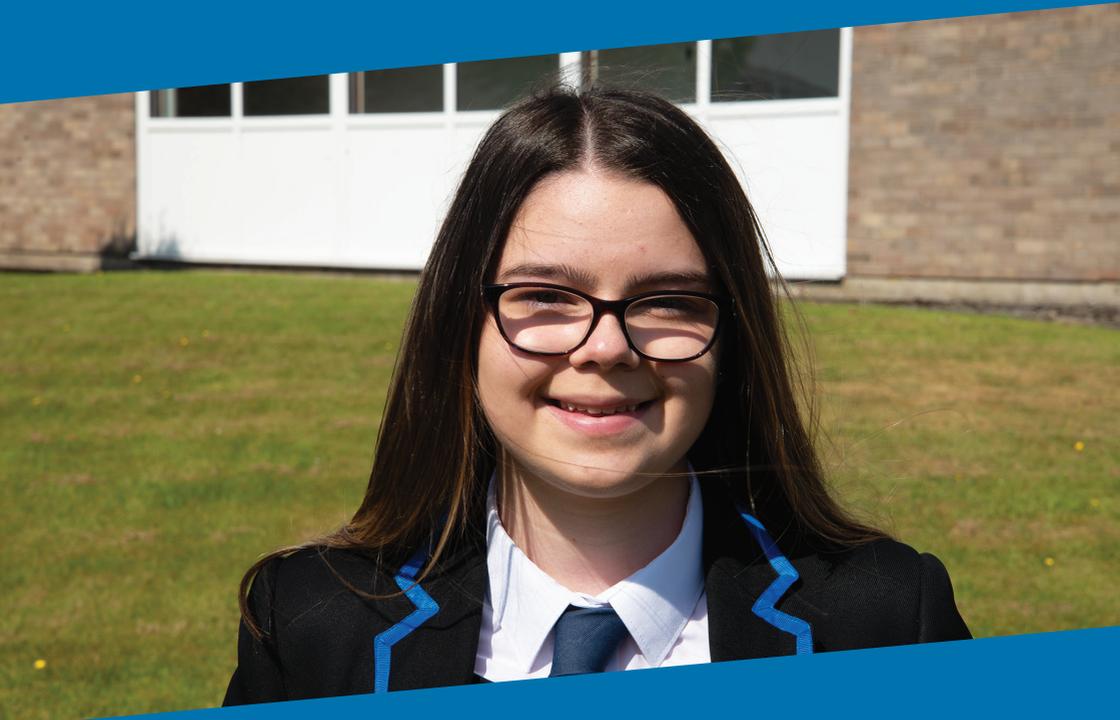
Are there any reasons I should delay getting the vaccine?

You should not have the vaccine if:

- you're very unwell (for example, with a fever, diarrhoea or vomiting) on the day of your vaccine
- your asthma is worse than usual (you're wheezing more or have had to use your inhaler more than normal in the three days before your vaccination).

Otherwise there is no reason to delay getting the vaccine.





Are there any reasons not to have the flu vaccine?

- If you have an egg allergy you can safely have the nasal spray vaccine, unless you've had a life-threatening reaction to eggs and spent time in hospital.
- The nasal spray vaccine may not be suitable for some pupils with severe asthma who regularly need oral steroids for asthma control. Speak to the nurse if you have any questions about this.
- Please make sure you list all medications on the consent form. All consent forms will be checked by the nurse before you get your vaccine.
- You have a suppressed immune system, are getting treatment for cancer or you have had a transplant.
- You live with someone who needs isolation because they are severely immunosuppressed, meaning they have a very weak immune system.



What if I miss my vaccine?

If you miss it, for whatever reason, talk to your school. They will be able to help arrange for you to get your vaccine at another time.

Do I need to get a second dose?

No, you will only need one dose of the flu vaccine.

Does the flu vaccine give protection for life?

No, you have to get vaccinated every year because flu viruses are constantly changing. A different vaccine has to be made every year to ensure the best protection against flu.

Can I get flu from the vaccine?

You cannot get flu from the flu vaccine. It helps you build up immunity to flu.

If you do not get the vaccine, you are not at risk of catching flu from others who have had the flu vaccine. You do not need to stay off school when the vaccine is being given or in the following weeks.

How do I get my flu vaccine?

Show your parent or carer this leaflet. Talk to them about getting the flu vaccine. It's a decision you should make together.

You should have been given a consent form with this leaflet, which your parent or carer is asked to sign and return to your school even if you're not going to have the vaccine.

If you did not get a consent form, just speak to your school. Do that as soon as possible.

We recommend you get agreement from your parent or carer, but it is not always necessary. For information on young people's right to consent visit www.nhsinform.scot/consentunder16

Medical confidentiality
Child Health Programme – School

Flu immunisation consent form
For primary and secondary school pupils

NHS Scotland

To be completed by parent/carer for:
Name: _____
DOB/CA: _____
Gender: _____
Home address: _____
School: _____
School no: _____
Class yr: _____ Class tag: _____
GP practice name: _____

Please check the information above and enter amendments below if appropriate. If your address has changed, please inform your GP.

Change of name/knows as: _____
Change of school: _____
Change of home address: _____
Postcode: _____

Complete this consent form, sign and return to school even if you do not want your child to be immunised.
Secondary school pupils may be immunised after giving their own consent following discussion with the healthcare team. If this form is not returned, if you need help completing this consent form, visit www.nhsinform.scot/immunisation or call the helpline on 0800 030 0121.

This consent section must be completed by parent/carer (tick box) if you complete questions 1 and 2.
This consent section may be completed by secondary school pupil (tick box) if consented about the immunisation and give my consent.

If consenting, you must answer all of the following questions. See leaflet for further information.

1. Has your child ever been admitted to an intensive care unit as an emergency for:
Egg allergy? Yes No
Soyya allergy? Yes No

2. Please indicate any other health condition your child has or regular medication your child is taking below. If left blank, it will be assumed your child has no medical condition and is not taking any regular medication:

Parent/carer name (please print) _____
Daytime telephone number _____
Parent/carer signature _____ Date _____
Secondary school pupil signature _____ Date _____

The flu vaccine will be given as a nasal spray as this provides better protection. This program has approved to use live vaccines.
For religious reasons only, pupils who are unable to receive this vaccine by injection in the arm tick box: **Do not tick this box if your child has asthma, please turn over.**

Version No: _____

For notes section, please turn over.

At XXXXXXXXXX our records show recorded flu immunisation history as:

Course Given/Batch No.	Date Given	Course Given/Batch No.	Date Given



Further information

If you or your parent or carer have any questions about the vaccine, visit www.nhsinform.scot/childflu for more information. You can also talk to a health or immunisation team, practice nurse or GP.



When to immunise	Diseases protected against	Vaccine given
8 weeks old	<ul style="list-style-type: none"> • Diphtheria, tetanus, pertussis (whooping cough), polio, Haemophilus influenzae type b (Hib) and hepatitis B (HepB) 	<ul style="list-style-type: none"> • Six-in-one (DTaP/IPV/Hib/HepB)
	<ul style="list-style-type: none"> • Rotavirus 	<ul style="list-style-type: none"> • Rotavirus
	<ul style="list-style-type: none"> • Meningitis B (MenB) 	<ul style="list-style-type: none"> • MenB
12 weeks old	<ul style="list-style-type: none"> • Diphtheria, tetanus, whooping cough, polio, Hib and HepB 	<ul style="list-style-type: none"> • Six-in-one (DTaP/IPV/Hib/HepB)
	<ul style="list-style-type: none"> • Pneumococcal disease 	<ul style="list-style-type: none"> • Pneumococcal
	<ul style="list-style-type: none"> • Rotavirus 	<ul style="list-style-type: none"> • Rotavirus
16 weeks old	<ul style="list-style-type: none"> • Diphtheria, tetanus, whooping cough, polio, Hib and HepB 	<ul style="list-style-type: none"> • Six-in-one (DTaP/IPV/Hib/HepB)
	<ul style="list-style-type: none"> • Meningitis B (MenB) 	<ul style="list-style-type: none"> • MenB
Between 12 and 13 months old – within a month of the first birthday	<ul style="list-style-type: none"> • Hib and meningitis C (MenC) 	<ul style="list-style-type: none"> • Hib/MenC
	<ul style="list-style-type: none"> • Pneumococcal disease 	<ul style="list-style-type: none"> • Pneumococcal
	<ul style="list-style-type: none"> • Measles, mumps and rubella (German measles) 	<ul style="list-style-type: none"> • MMR
	<ul style="list-style-type: none"> • Meningitis B (MenB) 	<ul style="list-style-type: none"> • MenB
Every year from age 2 until the end of secondary school	<ul style="list-style-type: none"> • Influenza (flu) 	<ul style="list-style-type: none"> • Flu
3 years 4 months old or soon after	<ul style="list-style-type: none"> • Diphtheria, tetanus, whooping cough and polio 	<ul style="list-style-type: none"> • Four-in-one (DTaP/IPV or dTaP/IPV)
	<ul style="list-style-type: none"> • Measles, mumps and rubella (German measles) 	<ul style="list-style-type: none"> • MMR (check first dose has been given)
11 to 13 years old	<ul style="list-style-type: none"> • Cancers caused by human papillomavirus (HPV) including cervical cancer (in women) and some head and neck, and anogenital cancers (in men and women) 	<ul style="list-style-type: none"> • HPV
Around 14 years old	<ul style="list-style-type: none"> • Tetanus, diphtheria and polio 	<ul style="list-style-type: none"> • Td/IPV, and check MMR status
	<ul style="list-style-type: none"> • Meningitis ACWY (MenACWY) 	<ul style="list-style-type: none"> • MenACWY

Correct at the time of printing, but subject to change. For the most up-to-date timetable visit:

www.nhsinform.scot/immunisation



Translations



Easy read



BSL



Audio



Large print



Braille

For more information, including other formats and translation support:



www.nhsinform.scot/childflu



0800 030 8013



p hs.otherformats@p hs.scot

Information correct at time of publication.
Please visit www.nhsinform.scot/childflu
for the most up-to-date information.

You have rights in relation to the access and the use of your personal health information. For more information about your rights or how the NHS uses your personal information in accordance with the General Data Protection Regulation visit:

www.nhsinform.scot/confidentiality
www.nhsinform.scot/data-protection
[www.informationgovernance.scot.nhs.uk/
use-of-your-immunisation-data](http://www.informationgovernance.scot.nhs.uk/use-of-your-immunisation-data)

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