

## **An important message from Cardiff and Vale School Nursing Team**



As part of the School Immunisation programme all school age children in Reception, Year 1, Year 2 and Year 3 will be offered the nasal spray flu vaccine to protect them from flu.

Flu is caused by viruses and spreads easily. Anyone can get flu but rates of infection are high among children. It can cause fever, aching muscles, headaches, tiredness, cough, chills, blocked nose and a sore throat. Often children who get flu feel very unwell and need a few days in bed. For some children they get so ill they need to be admitted to hospital. Complications can include bronchitis, pneumonia and ear infections. Children can also be infected with flu and display no symptoms, however they may pass flu to those at risk.

Children with health conditions like Diabetes, heart or lung disease are at increased risk of becoming very ill with flu, so it's important that they have the flu vaccine annually. If your child is in an at risk group and having the vaccine for the first time please inform the School Nurse. This group will continue to be offered the vaccine every year. Flu vaccination is very quick and very safe.

On the day can you please inform the school nurse if your child has been unwell for the previous 3 days or has had a wheezy chest, increased use of asthma inhalers or been generally unwell.

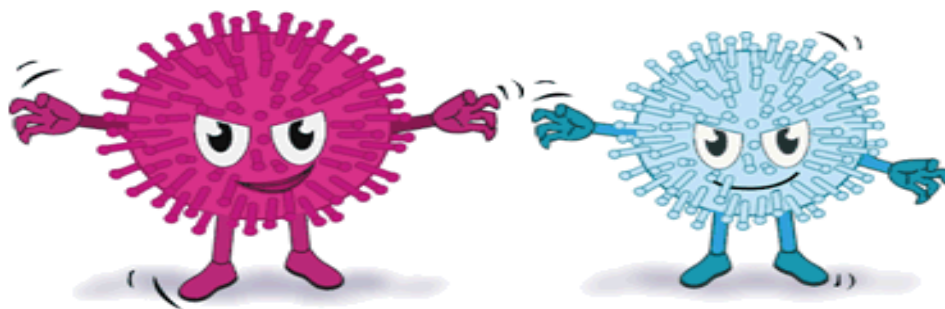
The School Nurse and a team of Immunisation Nurses will deliver the vaccine in school. You will shortly receive a consent form, information about the vaccination and the date that it will take place. Please complete the consent form and return to school before this date, to ensure that your child receives the vaccine. Please contact the School Nurse if you have any queries.

**Your School Nurse can be contacted via the School Nursing Team on:**

*Cardiff West: 029 20 907663 Cardiff East: 029 20 734161 Vale: 01446 732784*

Your School Nurse also offers a regular, confidential service for all pupils and parents to discuss any health or well-being issues.

You can find out more information on the vaccine at [www.cardiffandvaleuhb.wales.nhs.uk/immunisation](http://www.cardiffandvaleuhb.wales.nhs.uk/immunisation)



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