

December 2021

Dear parent/carers,

Flu and Covid-19 vaccination for children and young people

As the winter arrives, it is now more important than ever that children and young people are protected against both flu and Covid-19.

We would urge all parents/carers to get their child vaccinated against flu – and if you have a child aged 12-15, please get them vaccinated against Covid-19 too. Both flu and Covid-19 can be unpleasant illnesses and can spread to friends and family. It is so important that we keep our children and young people safe.

How to ensure your child receives the flu vaccine

Children and young people aged 2-16 (i.e. up to Year 11) are being offered a free flu nasal spray vaccine to help keep them safe this winter. The nasal spray is an effective vaccine and provides the best protection against flu. You can also opt for your child to have their vaccination as a flu injection, which does not contain porcine gelatine (pork).

- **If your child is 2 or 3 years old**, they will be invited for their vaccination by their GP.
- **If your child is aged 4-16 years old**, they are currently being offered the vaccine in school or in a community clinic. You can log on to: www.nottinghamshireimmunisations.co.uk to access the online consent form. ***If you have already declined a flu vaccination but have since changed your mind, call 07920 182032 or email SAIS@nottshc.nhs.uk.***
- **If your child has an underlying health condition** and is more vulnerable to flu, they can also request a vaccine at their GP surgery.

How to ensure your child aged 12-15 years old receives the Covid-19 vaccine

- If your child missed their Covid-19 vaccination in school, you can book a session at a vaccination centre [here](#).
- Children aged 12-15 who are clinically vulnerable or at higher risk will be contacted to arrange their vaccination - letters and texts are being sent to invite those eligible to book their vaccine.
- The NHS is working on plans to offer a second Covid-19 dose to all children aged 12-15 and these plans will be made available in due course.

For further information regarding vaccinations, please visit:

www.nottinghamshirehealthcare.nhs.uk/school-aged-immunisation-service

Yours sincerely,



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