

DON'T MISS OUT ON YOUR CHILD'S FREE FLU VACCINE;
so they don't miss out on their fun

The NHS offers a free flu vaccine for children aged 2-16 years old. It is given as a quick, painless spray up the nose.

Children can get the vaccine either at their **GP practice (2-3 yrs)** or at **school (4-16 yrs)**.

For some children, the nasal spray vaccine might not be the right option. In these cases, a free injectable flu vaccine should be offered.

This leaflet has been made by AstraZeneca for the UK public.
GB-78044 | July 2026

Trusted Information Creator
Patient Information Forum

Flu can make children feel very unwell

The nasal spray vaccine can help protect against flu: Flu can be uncomfortable for your child. It is worse than a cold and can easily spread to family & friends.

Symptoms of Flu



Sudden fever

Tiredness

Aches

Tummy pain

Dry cough

Sore throat

High temperature

Difficulty sleeping

Painful ear

Which children can have a free flu vaccine?

At school:

A trained nurse will come and give the vaccine to:

- All primary school aged children (reception to year 6)
- Secondary school aged children (year 7 to year 11)

Your school should send you a flu vaccine consent form. If you need help, ask your school.

At their GP or pharmacy:

- Children aged 2 and 3
- Home schooled children
- Children with a health condition that makes them more at risk from flu

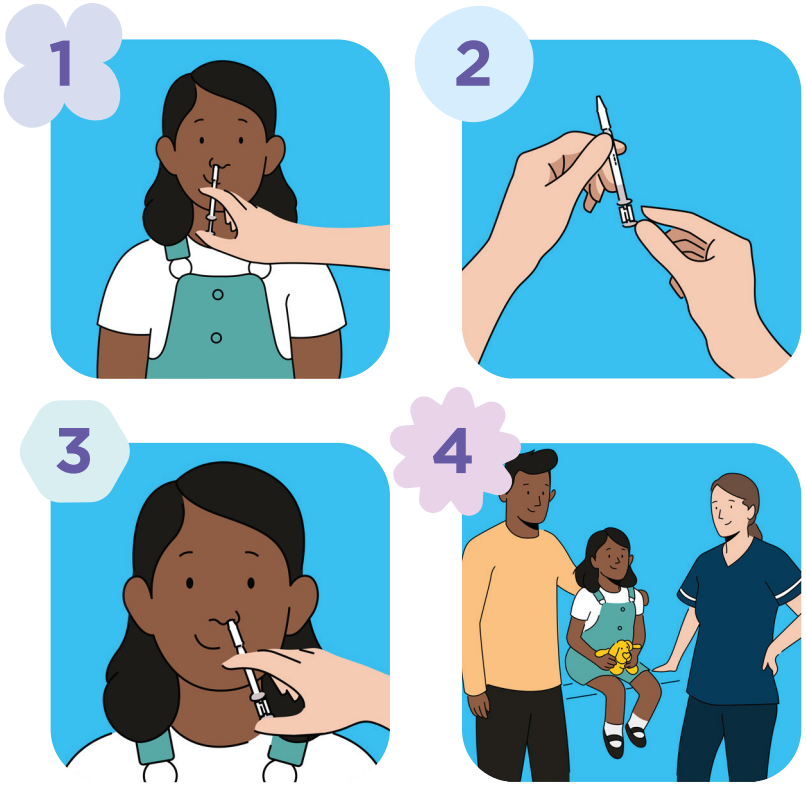
If you haven't heard from your GP, you can call them to make an appointment for your child.



How will the vaccine be given?

The nasal spray is fast and painless because there are no needles.

It is just a small spray in the nose.



If the nasal spray is not suitable for your child, you can get an injectable flu vaccine instead.

Will the nasal spray make my child feel ill?

Sometimes children might have



A runny or blocked nose

Feel a bit tired or weak

Not feeling very hungry

This will go away in a few days and symptoms are much milder than developing flu or complications associated with flu. Serious side-effects are uncommon.

For a full list of side effects please read the patient information leaflet

If you have questions talk to your school or GP.

You can also visit our website
sharegoodtimesnotflu.co.uk

An AstraZeneca website for the UK public

We also have information in other languages

If your child gets any side effects, talk to your school or healthcare team. This includes any possible side effects not listed in the package leaflet. You can report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of the medicines.