**Nasal flu vaccination: Information for Parents/Guardians**

The school aged immunisation team will be visiting school soon to deliver the nasal flu vaccinations. For those children who receive the vaccination, serious side effects are uncommon. Children may commonly develop a runny or blocked nose, headache, general tiredness and some loss of appetite.

Further information can be found at:

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>

<https://www.medicines.org.uk/emc/files/pil.3296.pdf>

In the unlikely event that you have any concerns please contact your own GP or 111.

For safety reasons we are unable to vaccinate any child who returns a form on the day of the session. There may be the option to give verbal consent over the telephone prior to the session (but not on the day). Please contact the Immunisation nurses to discuss this on the number below.

For any child who has not had the vaccination in school or requires the injectable version of the vaccination, we offer catch-up clinics as detailed on the attached poster. Please contact us to arrange an appointment.

**School Age Flu Vaccination Clinics**

GP’s are unable to offer the flu vaccine to school aged children unless your child has a medical condition and has been invited.

If your child missed the vaccination in school, or you have requested the alternative injectable flu vaccination, there is the opportunity to get the vaccine at one of our catch-up clinics as detailed below:

**BY APPOINTMENT ONLY**

**Kirkby Stephen**

Kirkby Stephen Medical Practice - Thursday 20 October 15.15 – 16.00

**Appleby**

Appleby Medical Practice - Thursday 20 October 16.30 – 17.15

**Penrith**

Penrith Hospital - Thursday 20 October 15.15 – 17.30

Penrith Hospital – Tuesday 8 November 15.15 – 17.00

Penrith Hospital Tuesday 22 November – 15.00 – 17.30

Penrith Hospital Wednesday 14 December 15.30 – 17.30

**Brampton**

Brampton Hospital **–** Thursday 20 October 15.15 – 16.15

**Carlisle**

Carleton Clinic -Thursday 20 October 17.00 – 18.00

London Road Community Clinic – Monday 31 October 15.30 – 16.45

Venue - TBC – Thursday 10 November 15.30 – 17.00

Carleton Clinic - Friday 18 November 15.00 – 17.00

Morton Family Centre – Thursday 1 December 16.30 – 17.30

Petteril Bank Family Centre – Monday 12 December 15.30 – 17.00

**To make an appointment or for further information, please contact the**

**Immunisation Team on: 01228 608046**

**There is an answerphone in operation if we are unable to take your call. Please leave your name, contact number and child’s school details and we will return your call as soon as possible.**