

Lytham Road Surgery Child Nasal Flu Vaccine 2020

This year our flu season will be different to previous years to adhere to social distancing guidance during the global pandemic. We are introducing a new system to keep everyone safe. There will not be any drop-in flu clinics and all patients MUST have a pre-booked appointment slot.

The Plan

We will be holding our flu clinics in a marquee on the car park. Where possible, we ask you not to travel to your appointment via car to allow more car park space to safely socially distance. There will be a one in one out system, entering and exiting the marquee at different points.

Our clinicians will be in full PPE for your protection and theirs.

Appointments will be 6 minutes apart to allow time for the clinician to clean the area before the next patient. We ask that parents;

- Wear a face mask/covering when attending for your child's appointment
- Have your child ready when it is their turn.
- Be considerate to other parents/children in the queue and keep a safe distance

Flu vaccines for children

Children should have the flu vaccine if they are:

- over the age of 6 months with a long-term health condition
- aged 2 and 3 years on 31 August 2020 (that is, born between 1 September 2016 and 31 August 2018)
- children in primary school
- children in year 7 (secondary school)

Children aged between 6 months and 2 years who are eligible for the flu vaccine will receive an injected flu vaccine.

Children eligible for the flu vaccine aged between 2 and 17 will usually have the nasal spray flu vaccine.

Common side effects of the Nasal Flu

Children should have the flu vaccine if they are:

- a runny or blocked nose
- a headache
- general tiredness
- loss of appetite

Rare allergic reactions to the Nasal Flu

As with all vaccines, there is a very small chance of a severe allergic reaction (anaphylaxis). If this does happen, it usually happens within minutes.

The overall rate of anaphylaxis after vaccination is around 1 in 900,000 (so slightly more common than 1 in a million).

The person who vaccinates your child will be trained to deal with allergic reactions and treat them immediately.

What if my child has to have the injected flu vaccine?

Some children cannot have the nasal flu spray and are offered the injected flu vaccine instead.

If you answer 'yes' to any of the following questions, your child cannot have the nasal flu. Please contact Reception and ask to be booked into the 'flu under 65' clinic. These vaccines are arriving early October and clinics start from Tuesday 6th October.

1. Is your child allergic to any of the following?
 - Severe allergic reaction (e.g. anaphylaxis) to eggs or to egg proteins (e.g. ovalbumin)
 - Gentamicin
 - Gelatine (porcine, Type A)
 - Sucrose
 - Dipotassium phosphate
 - Potassium dihydrogen phosphate
 - Arginine hydrochloride
 - Monosodium glutamate monohydrate
 - Water for injections
2. Is your child clinically immunodeficient?
3. Is your child in close contact with people who are severely immunodeficient?
4. Does your child have severe asthma or active wheezing?
5. Is your child on salicylate therapy (e.g. Aspirin)?
6. Is your child receiving influenza antivirals?

Common side effects of the injected Flu vaccine

Children having the injected vaccine may get a sore arm at the injection site, a mild temperature and aching muscles for a day or 2 after the vaccination.

How to book

Please telephone Reception any week day to book your child's appointment on 01772 716033. If you can, please telephone after 11:30am or between 5pm and 6.30pm when the phone lines are usually a little quieter.

Appointment availability for children eligible for Nasal Flu

Nasal flu clinics are being held during September on 10th, 14th, 16th, 17th, 23rd, 24th and 30th.

How to decline

If you already know that you don't want your child to have the nasal flu, please telephone Reception to tell us. Alternatively please email gpcg.lythamroadprescriptions@nhs.net with your child's name, date of birth and address to inform us of your decision to decline.

Cancelling your appointment

If you change your mind, please cancel your child's appointment so that the appointment can be offered to another child who needs it. You can cancel either via patient access or contacting Reception.

Thank you for your patience.