

Dear Parent / Carer,

Flu / Winter Readiness

We know that for most of you your child will be up to date with all their vaccinations (immunisations). Thank you as this not only protects your child from several contagious and potentially serious diseases but also protects vulnerable members of your family and our community.

For the upcoming winter season, it is particularly important for your child to get the influenza (flu) vaccine to protect them and the wider community as COVID-19 is still circulating. The flu vaccine is offered free to:

- children aged 2 or 3 years old (on 31 August of current flu season)
- all primary school-aged children
- all year 7 to year 11 secondary school-aged young people
- children with a health condition that puts them at greater risk from flu

Childhood vaccinations and flu:

For a checklist of the vaccines and the ages at which they should ideally be given visit www.nhs.uk/vaccinations. It is never too late to have your child immunised. Your child can catch up on any immunisations that were missed, just speak to your GP.

Childhood Immunisation schedule:

Childhood Immunisation schedule	
Age	Vaccine
8 weeks	6-in-1 vaccine (1 st dose) Rotavirus vaccine (1 st dose) MenB (1 st dose)
12 weeks	6-in-1 vaccine (2 nd dose) Pneumococcal (PCV) vaccine Rotavirus vaccine (2 nd dose)
16 weeks	6-in-1 vaccine (3 rd dose) MenB (2 nd dose)
1 year	Hib/MenC (1 st dose) Pneumococcal (PCV) vaccine (2 nd dose) MMR (1 st dose) MenB (3 rd dose)
2 years to 15 years	Flu vaccine (each year from September)
3 years to 4 months	MMR (2 nd dose) 4-in-1 pre-school booster
12 to 13 years	HPV vaccine (for boys and girls)
14 years	3-in-1 teenage booster MenACWY

NHS guides as to why flu vaccinations are important:

- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/99927/6/PHE_protecting_your_child_against_flu_leaflet_information_for_parents.pdf
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1005123/PHE_12053_flu_vaccination_2021_2022_leaflet.pdf

For 2- and 3-year olds, you should receive an invitation for your child to have the seasonal flu vaccine at their GP. For primary children it will be offered in school. You will be sent a consent form. For most children, it is given as a nasal spray.

All London general practices have adapted their delivery of vaccinations to ensure that they are safely vaccinating children in COVID-19 secure venues with infection control measures in place.

Please note: The arrangements for flu vaccination are separate from the Covid-19 vaccine for 12-15 year olds. Communication for the Covid-19 vaccine and subsequent pop up clinics are being sent separately to the advice regarding the flu vaccine

Yours faithfully,

A handwritten signature in black ink, appearing to read 'Carole Furlong', written in a cursive style.

Carole Furlong
Director of Public Health

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flu: 5 reasons to vaccinate your child



1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit
www.nhs.uk/child-flu

Flu  mmunisation

Helping to protect children, every winter

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