

# Flu is serious. Now is the time to protect your child.

With COVID-19 around, it's more important than ever to get the flu vaccine.



Name  
Address 1  
Address 2  
Address 3  
Postcode

CHI:

Dear parent or carer of:

The flu vaccine is offered free to all children who are aged 2 to 5 years on 1 September 2020 (and not yet in primary school). **NHS Scotland strongly recommends your child receives their flu vaccine this year.** This is for three reasons:

1. Flu can be serious, even for healthy children.
2. To reduce the risk of your child spreading flu to friends and family.
3. To help our NHS avoid the pressure that a spike in seasonal flu would put on top of COVID-19.

Flu immunisation begins in the autumn. During vaccination, strict infection prevention and control measures will be in place. Almost all children can have the flu vaccine as a **simple painless nasal (nose) spray** which is safe and effective. A very small number of children may need the vaccine by injection instead. Please read the enclosed leaflet for more information.

## What should I do next?

Visit [www.nhsinform.scot/childflu](http://www.nhsinform.scot/childflu) or call **0800 22 44 88** to find out about getting the flu vaccine in your area. You can also visit your GP practice website for information about arrangements.

Please note that children at primary school will normally be given the vaccine at school.

Please take this letter and your Personal Child Health Record (red book), if available, when you attend. It would also be helpful to bring a complete list of any medication your child may be taking. If possible, please also wear a face covering.

If you or your child are showing symptoms of COVID-19 before your vaccination, please contact your health professional to reschedule your appointment.

**Help protect your child, each other, and the NHS.**

Yours faithfully



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[www.nhsinform.scot/childfluformats](http://www.nhsinform.scot/childfluformats)

For more information in a range of languages, videos and a link to the patient information leaflet, visit [www.nhsinform.scot/childflu](http://www.nhsinform.scot/childflu)

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