**Frequently Asked Questions – Nasal Flu Vaccination**

Question 1. What type of flu vaccine is given to children?

* The nasal spray (Fluenz – a low dose, live vaccination) is given to children aged two years and older. This is a fine mist sprayed into the nose.
* Flu vaccination is a safe and effective way to protect young children, but also those at higher risk of serious illness due to underlying health conditions. This is because young children are more likely to spread flu due to their close contact with other children and family members.

Question 2. Does my child need the flu injection instead of the nasal spray?

* Some children may need the flu injection rather than the nasal spray; this includes those who are immunosuppressed or live with someone who is. You can mention this on the consent form and a staff member will get in touch with you, or you can call 01896 809250 for advice.

Question 3. What should I do if my child’s health has changed since I completed the nasal flu consent form?

* If your child has developed a new health condition, started any new medication, or has a new allergy, especially a severe one, please call us as soon as possible on 01896 809250. Sharing this information helps us to ensure your child receives the most appropriate care during the vaccination process. You can contact us at: [**bor.schoolimmunisationteam@borders.scot.nhs.uk**](mailto:bor.schoolimmunisationteam@borders.scot.nhs.uk)

Question 4. Is the flu vaccine safe for children?

* Yes. The vaccine is tested for safety and effectiveness. Most side effects are mild, such as a runny nose or headache. Serious side effects are extremely rare.

Question 5. Can the flu vaccine give my child the flu?

* No. The vaccine cannot cause flu. Some children may get mild symptoms like a runny nose or headache. These are not the same as flu.

Question 6. How effective is the flu vaccine?

* The flu vaccine is the best way to protect against flu. It reduces the chance of getting flu and spreading flu within the community. Being vaccinated can make flu less severe. Effectiveness can vary each year.

Question 7. What if my child has a cold or has recently had COVID-19?

* It is safe to vaccinate a child with a cold. If they have a fever, wait until they feel better. Children who have had COVID-19 can still get the flu vaccine.

Question 8. What if my child has an egg allergy?

* Children with egg allergies can usually receive the nasal flu vaccine.  
  If your child has an egg allergy, please note this on the consent form, or inform the vaccinator if attending a clinic.

Question 9. What if my child is absent from nursery or their Early Learning Centre on the day of vaccination?

* If your child misses their Early Learning Centre or school vaccination, call NHS Borders Vaccination Hub on 01896 809250 who will advise you on how to arrange a vaccination.

Question 10. My child is Deaf / Blind and needs additional support for their appointment.

* We can help. If your child needs a British Sign Language interpreter or a Sighted Guide, please call 01896 809250 or email [Vaccination.BookingHub@borders.scot.nhs.uk](mailto:Vaccination.BookingHub@borders.scot.nhs.uk) as soon as possible.

Question 11. Do I need to be present for my child’s vaccination at their Early Learning Centre or school?

* No. You do not need to be there. Parental consent is given in advance and the School Immunisation Team, who are trained and experienced in supporting children, will take great care of your child during their nasal flu vaccination.

Question 12. Where can I find more information?

* Call NHS Borders Vaccination Hub on 01896 809250. You can also visit the NHS inform website [nhsborders.scot.nhs.uk/patients-and-visitors/flu-vaccination-programme/](https://www.nhsborders.scot.nhs.uk/patients-and-visitors/flu-vaccination-programme/)