



**School Immunisation Team  
3 Station Road  
Pill  
Bristol  
BS20 0AB**

**September 2025**

Dear Student

## **Flu Vaccination Programme**

We are offering you (Reception to Year 11) a free flu vaccine at school this autumn.

Flu can be an unpleasant illness and some people can get very unwell; some children even end up in hospital because of flu.

### **Why get the vaccine?**

The flu vaccine helps protect you and your family from getting flu, reduces the spread of the virus in winter, and keeps you in school learning and doing the things you enjoy.

### **How is the vaccine given?**

The flu vaccine is usually given using a quick and easy nasal spray, this is the best flu vaccine for children. If you cannot have the nasal spray due to the porcine gelatine content or for medical reasons, there is an alternative injection available instead. If we cannot offer the injection at your school, your parents will be able to book a clinic appointment.

### **Are there any side effects?**

Most children do not have any side effects after the vaccine; however some might get a blocked or runny nose, lose their appetite, feel tired or get a headache, this will not last long.

### **How do I get the vaccine?**

Your parents have been sent a consent form, you can talk to your parents and encourage them to fill the form in. If your parents do not fill in the form, we may not be able to vaccinate you.

### **No internet access?**

If your parents can't access the internet, ask your school for a paper consent form, or get your parents to call us for help on 0300 1245515.

Service provided by:



**What if my parents do not want me to receive the vaccine?**

Please complete the form to let us know

***Your school will tell you the date of the vaccination session.***

**What if I child miss the session?**

Catch-up clinics will be available for children who miss the school session. Your school will send information about these clinics to parents after the school session.


**Want to learn more?**

[Flu vaccination for children: leaflets and posters - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

**Questions?**

Contact the School Immunisation Team: 0300 124 5515 or email [sirona.sch-imms@nhs.net](mailto:sirona.sch-imms@nhs.net)

Yours faithfully,



Karen Evans  
Head of Specialist Services for Children and Sirona Integrated Immunisation Services