



Dear parent/carer,

## **Flu and Covid-19 vaccination for children and young people**

As the winter approaches it is now more important than ever that children and young people are protected against both flu and Covid-19.

I would urge all parents/carers to get their child vaccinated against flu – and if you have a child aged 12-15, please get them vaccinated against Covid-19 too. Both flu and Covid-19 can be unpleasant illnesses and can spread to friends and family. It is so important that we keep our children and young people safe.

### How to ensure your child receives the Flu vaccine

Children and young people aged 2-16 (i.e. up to Year 11) are being offered a free flu nasal spray vaccine to help keep them safe this winter. The nasal spray vaccine is the most effective vaccine and provides the best protection against flu, or you can opt for your child to have their vaccination as a flu injection, which does not contain porcine gelatine (pork).

- **If your child is 2 or 3 years old**, they will be invited for their vaccination by their GP. Parents/carers can request an injectable flu vaccine via their GP if preferred.
- **If your child is aged 4 – 16 years** your child will be offered the vaccine in school or in a community clinic. You can log on to: [www.nottinghamshireimmunisations.co.uk](http://www.nottinghamshireimmunisations.co.uk) to access the online consent form. If you decline the nasal flu vaccine due to porcine content you will be given an option to consent for the injectable flu vaccine.
- **If your child has an underlying health condition** and is more vulnerable to flu, they can also request a vaccine at their GP surgery. Parents/carers can request an injectable flu vaccine via their GP if preferred.

### How to ensure your child aged 12- 15 years old receives the Covid-19 vaccine

- If your child missed their vaccination in school you can now book sessions at The Forest Recreation Ground vaccination centre in Nottingham on Mondays and Wednesdays from 4.30 pm - 7.30 pm. [Book here](#)

**Please note:** If you have already declined a vaccination but have since changed your mind, call 07920 182032 or email [SAIS@nottshc.nhs.uk](mailto:SAIS@nottshc.nhs.uk) to arrange a flu/Covid -19 vaccination.

For further information regarding vaccinations please visit:  
[www.nottinghamshirehealthcare.nhs.uk/school-aged-immunisation-service](http://www.nottinghamshirehealthcare.nhs.uk/school-aged-immunisation-service)

Kind regards

**Lucy Hubber**

Director of Public Health

Nottingham City Council