

## Flu Vaccine

Dear Parent/ Carer,

**Your child will bring home a Flu Vaccine consent form on Tuesday 10<sup>th</sup> September.**

Given as a nasal (nose) spray, the flu vaccine is quick, easy and painless. All it takes is a wee scoosh up the nose.

It's very important to complete, sign and return the form by the next day, even if you don't want your child to get vaccinated. Your child should bring the brown envelope containing the completed consent form and hand in to the school office or their Pastoral Support Teacher.

The vaccine is given once a year. Flu viruses are constantly changing, so a different vaccine has to be made every year to ensure the best protection against flu. The vaccination sessions will take place at school on **Wednesday 13<sup>th</sup> November and Thursday 14<sup>th</sup> November.**

Flu can be serious, even for healthy children. That's why NHS Scotland recommends the flu vaccine is offered to all young people in secondary school.

The flu vaccine is usually given as a painless nasal spray which is over in seconds. Getting your child vaccinated can help prevent them from getting sick with flu and needing time off school this winter.

Please visit <https://www.nhsinform.scot/childflu> for further information.

Kind regards,

Lourdes Secondary