

A story about getting the nasal flu spray at School



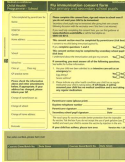
We need our flu spray each year to protect us from the flu virus.

The flu virus can make us very unwell.



The School Nurses will visit my School to give me the flu spray. This is a nasal spray, one up each nostril.

When it is my turn to get my flu spray, I will be taken to the room by an adult.



I will be given a yellow piece of paper (consent form) which has been filled in by the adult who I live with.

The School Nurse will ask to check my form and ask me some questions such as "what is your name?"



I will be given a tissue to hold before I get my flu spray.

I can use it to catch any drips and to wipe my nose.



The School Nurse will give me my flu spray. Only the first part of the white tip will touch my nose.

There will be a 'scoosh' up each nostril.

It might tickle my nose! It will not hurt.



While I wipe my nose, the School Nurse will do some writing and might use their tablet.

My tissue can go in the orange bag when I am finished with it.



The School Nurse will give me a yellow slip of paper and a leaflet.

I will give this to the adult who I live with so they know I have had my flu spray.



I will be offered a sticker.

I will go back to class once an adult says that I can.

Tell an adult



If I feel unwell after my flu spray,

I must tell an adult who I trust.



Next year I can get the flu spray again so I stay protected from the flu virus. It might not be the same School Nurse.

Having the flu spray is okay.