

HELP BEAT FLU WITH A WEE SCOOSH

Why get the flu vaccine?

Flu can be serious, even for healthy children. Vaccination helps protect your child from flu complications, reduces spread to others, and means less time missed from school and family events.

Last winter, children who had the flu vaccine were about half as likely to be hospitalised with flu compared to children who did not have the flu vaccine.

Side effects

Not every child gets side effects. If they do, they're usually mild, like a runny nose, headache, tiredness, low appetite, a high temperature (fever) or sore muscles. These usually go in 1 to 2 days.

How is the vaccine given?

Children will usually be given the nasal spray vaccine. It's quick, painless and there's no need to sniff or inhale. It'll just feel like a tickle in their nose.



What to do now?

1. Scan the QR code to see why the flu vaccine is important for your child.
2. Complete and sign your child's consent form, even if you do not want your child to be vaccinated.
3. Return the form to school as soon as possible.



Speak to your school if you need a printed copy of the information leaflet.

2280 7/2026 © Public Health Scotland 2026

2026

**DON'T
FORGET
TO RETURN
YOUR
CHILD'S
CONSENT
FORM**

Scan here to find out more
about the child flu vaccine,
or visit nhsinform.scot/childflu



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