

Nasal flu vaccine for children fact sheet



What is flu?

Flu is a highly infectious illness caused by the flu virus.

The flu season begins at the **start of October**



and lasts until the **end of April.**

Children carry the flu virus in their system longer



than adults do and they can spread the flu virus easily to other children, and vulnerable people around them.

How does flu affect children?

Children are **twice as likely**



to catch flu than adults.



1 in 10 children under 15 attend their GP with flu-like illness in a typical flu season.

Flu can be serious

and in some children, flu can lead to serious problems like pneumonia and bronchitis.

Children sick with flu can miss out on



weeks in crèche, childcare and school. They can also miss out on their hobbies and sports.

All children aged 2-17 years are



recommended the nasal flu vaccine for this season 2024/2025

How many doses of the nasal flu vaccine do children need?

Most children only need **one dose every season**. A small number of children between the age of 2 to 8 years who are at-risk and have never had the flu vaccine before will need **2 doses 4 weeks apart** for protection.



The nasal flu vaccine protects against the same strains



as the vaccine injection given to at-risk groups. Flu strains change each year, so children need to get the flu vaccine **every flu season.**

The nasal flu vaccine is very safe for children

Some children may have a runny or blocked nose, aches and may have an increased temperature after getting the vaccine but it is usually mild and goes away on its own. Reactions are generally rare. The vaccine **cannot** give your child flu.



The nasal flu vaccine is very effective

A study from the UK showed a **94% reduction** in primary school age children and a **59% reduction** in adults GP flu-like illness consultations after the children's flu vaccine was introduced.



The nasal flu vaccine has been given to children in the **US** since **2003**, **UK** since **2013**, and in **Ireland** since **2020.**

