

Dear Parent or Carer,

Protect your child from flu this winter

In the lead up to Christmas many people socialise more, especially with older family members. With higher rates of seasonal flu circulating across the UK, being vaccinated is even more important than usual. Vaccines reduce the risk of viruses spreading, meaning less people will have illness in the early new year.

There has been more flu-like illness occurring in children and young people this year, with some Luton schools already seeing a high number of cases and increased levels of absence.

Flu is an unpleasant illness and can cause serious health complications. Vaccinating your child will help to protect them, as well as help protect older or vulnerable family and friends by preventing the spread of flu.

A flu vaccination team has already visited your child's school. If your child missed their vaccination for any reason, you can:

- **give your consent** for them to have the vaccine in school when the team visit again; a consent form will be sent to you by the school vaccination team
OR
- **take them to a catch-up clinic**; we are running catch-up clinics throughout December; you can walk in or call **0300 555 5055 (option 5)** to book a slot in advance

Did you know?

- ✓ **The flu vaccine is more important than ever this year.** There have been more cases of flu than usual for this time of year, particularly in children and young adults.
- ✓ **Natural immunity to flu doesn't always last.** The flu virus changes every year, meaning you may not be immune even if you have been vaccinated or had flu before. It is recommended to get vaccinated every year to ensure your child has the best protection.
- ✓ **You can choose between a nasal spray or injected flu vaccine.** For most children, the flu vaccine is given as a nasal spray. This contains pork gelatine. If you do not want your child to have this, you can choose that your child has an injected vaccine.

Catch-up vaccination clinics dates and locations

Venue	Dates	Time
Dallow Road Community Centre, LU1 1TB	Every Wednesday: 17 December	10am to 2pm
Bury Park Community Centre, LU1 1BW	Every Tuesday, Thursday and Friday: 16, 18, 19 December 24, 31 December Weekend: Sunday 14 December Saturday 20 December Sunday 11 January	10am to 2pm

If your child has a long-term health condition you can also ask your GP for a flu vaccine. For more information on vaccines and clinics, please scan the QR code or visit <https://familyhubs.luton.gov.uk/vaccination>.



If you have any questions, please contact the school vaccination team by telephone on **0300 555 5055 (option 5)** or email them at hct.csaisblmk@nhs.net

We hope you will take this opportunity to protect your child and loved ones from flu this year.

A handwritten signature in black ink, appearing to read 'K O'Neill'.

Kelly O'Neill, Director of Public Health

A handwritten signature in black ink, appearing to read 'P Wagstaff'.

Paul Wagstaff, Director of Education