

DERBY ROAD GROUP PRACTICE

CHILDREN'S FLU VACCINE 2026/27

Information for Parents and Carers

PROTECT YOUR CHILD THIS WINTER

Flu can make children very unwell. Vaccination helps protect your child and vulnerable people around them.

Who can have a free NHS flu vaccine?

- Children aged 2 or 3 years on 31 August 2026
- Children aged 4 years who have not started school
- School-aged children from Reception to Year 11
- Children aged 6 months to 17 years with eligible long-term health conditions

IMPORTANT

Not all children are eligible. Contact the practice if you are unsure whether your child qualifies.

How is the vaccine given?

Most children receive a quick and painless nasal spray. Some children may receive an injection if the nasal spray is not suitable.

Safety Information

The flu vaccine cannot give your child flu. Serious side effects are very rare and vaccination staff are trained to manage allergic reactions.

Frequently Asked Questions

Does my healthy child need the flu vaccine?

Yes. Healthy children can still become very unwell with flu.

Can the flu vaccine give my child flu?

No.

My child is under 2. Can they have it?

Some children with eligible health conditions can receive it.

My child is frightened of needles.

Most children receive a nasal spray.

Does the nasal spray contain pork gelatine?

Yes. A gelatine-free injected vaccine is available.

How long does it take to work?

Usually up to 14 days.

What happens at my appointment?

You will be asked to confirm your identity and wish to proceed with vaccination.

What if I have questions before my appointment?

Please contact the practice before your appointment.

What does booking an appointment mean?

You confirm that you have read the information, understand the benefits and side effects, and wish to receive the vaccination.

COMMON SIDE EFFECTS

Runny nose, headache, reduced appetite, tiredness, sore arm, mild temperature and aching muscles. These usually settle within 1 to 2 days.