**Flu vaccinations**

The flu vaccine is being offered to:

* **Adults – aged 50 and over** (including those who will be 50 by 31st March 2022)

**Children** - The nasal spray flu vaccine will be offered to:

* children aged 2 or 3 years on 31 August 2021 – born between 1 September 2017 and 31 August 2019
* **all primary school children (reception to year 6)**
* **all year 7 to year 11 children in secondary school**

**School age children will be offered the vaccine at school.**

**Unfortunately, if you do not receive an invite to book an appointment for your child we will not be able to offer a vaccination**

* children aged 2 to 17 years with long-term health conditions

If your child is aged between 6 months and 2 years and has a long-term health condition that makes them at higher risk from flu, they'll be offered a flu vaccine injection instead of the nasal spray. This is because the nasal spray is not licensed for children under 2 years.

The nasal spray vaccine offers the best protection for children aged 2 to 17 years. They will be offered the flu vaccine injection if the nasal spray vaccine is not suitable for them.



**You will be eligible if you have a long term health condition:**

* respiratory conditions, such as [asthma](https://www.nhs.uk/conditions/asthma/) (needing steroid inhaler or tablets), [chronic obstructive pulmonary disease (COPD)](https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/), including emphysema and [bronchitis](https://www.nhs.uk/conditions/bronchitis/)
* [diabetes](https://www.nhs.uk/conditions/diabetes/)
* heart conditions, such as [coronary heart disease](https://www.nhs.uk/conditions/coronary-heart-disease/) or [heart failure](https://www.nhs.uk/conditions/heart-failure/)
* being very overweight – [a body mass index (BMI)](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) of 40 or above
* [chronic kidney disease](https://www.nhs.uk/conditions/kidney-disease/)
* liver disease, such as [hepatitis](https://www.nhs.uk/conditions/hepatitis/)
* neurological conditions, such as [Parkinson's disease](https://www.nhs.uk/conditions/parkinsons-disease/), [motor neurone disease](https://www.nhs.uk/conditions/motor-neurone-disease/), [multiple sclerosis (MS)](https://www.nhs.uk/conditions/multiple-sclerosis/), or [cerebral palsy](https://www.nhs.uk/conditions/cerebral-palsy/)
* a [learning disability](https://www.nhs.uk/conditions/learning-disabilities/)
* problems with your spleen, for example, [sickle cell disease](https://www.nhs.uk/conditions/sickle-cell-disease/), or if you have had your spleen removed
* a weakened immune system as the result of conditions such as [HIV and AIDS](https://www.nhs.uk/conditions/hiv-and-aids/), or taking medicines such as [steroid tablets](https://www.nhs.uk/conditions/steroids/) or [chemotherapy](https://www.nhs.uk/conditions/chemotherapy/)



[**Pregnant women**](https://www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/#pregnant-women-and-the-flu-vaccine)

* **Frontline health or social care workers -** registered residential care or nursing home
* registered homecare organisation
* hospice
* You can also have the flu vaccine if you provide health or social care through [direct payments or personal health budgets](https://www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/personal-budgets/), or both
* **Carers** - someone in receipt of carers allowance or the main carer for an older or disabled person – **Please advise reception if you are a carer**
* If you live with someone who is more likely to get an infection ( someone who has had a transplant, having certain treatments for cancer, lupus or rheumatoid arthritis)

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There are several types of flu vaccine. You'll be offered the one that's most effective for your age:

* Children aged 2 to 17 in an eligible group are offered a live attenuated quadrivalent vaccine (LAIV), given as a nasal spray
* Adults aged 18 to 64 who are either pregnant, or at increased risk from flu because of a long-term health condition, are offered a quadrivalent injected vaccine – the vaccine offered will have been grown either in eggs or cells (QIVe or QIVc), which are considered to be equally suitable
* Adults aged 65 and over will be offered either an adjuvanted trivalent injected vaccine grown in eggs (aTIV) or a cell-grown quadrivalent injected vaccine (QIVc) – both vaccines are considered to be equally suitable.
* If your child is aged between 6 months and 2 years old and is in a [high-risk group for flu](https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/#children-at-higher-risk-from-flu), they'll be offered an injected flu vaccine as the nasal spray is not licensed for children under 2.

**It's important that you benefit from having the most effective vaccine.**