

Flu Nasal Spray Vaccine

Myths vs Facts



Protect your child from flu with a quick and painless nasal spray

✗ MYTH

✓ FACT



Flu is not serious, it is just a bad cold



It's not just a bad cold. Flu can cause very serious illnesses, even in healthy children. Some children will need hospital care this year



The vaccine gives you the Flu



The nasal spray vaccine can't give you Flu. It's got a weakened virus in it, which might cause a runny nose or a slight temperature for a day or so afterwards



They had it last year, so they don't need it again



As Flu viruses change each year, so does the vaccine. That's why the vaccine is given every year to give the best protection



Getting the Flu will be better than the vaccine for protection



Flu can make children very ill. The vaccine safely prepares the immune system to fight the virus, reducing the risk of serious illness and complications



If the child sneezes after having the nasal spray, then it won't work



Sneezing afterwards will not affect the response to the vaccine



Vaccines are too much for the child's immune system



Children touch, eat and play with things that make their immune system work very hard. Vaccines only need a small part of their immune system to work

For more information, get in touch with your GP or the Immunisation Team at SBU.Imms@wales.nhs.uk.

Information is also available from Public Health Wales via this QR code:

