

Free nasal spray flu vaccine

Children aged 2 to 5 (before they turn 6) can now get their flu vaccine as a needle-free nasal spray. Older children and young people aged 6 to 17 years (before they turn 18) can also get the nasal spray vaccine if they struggle with needles.

The nasal spray vaccination has been used in other countries like America and the UK for over 10 years and has been given to millions of children.

How the nasal spray flu vaccine works

- The vaccine is sprayed into each nostril.
- It absorbs quickly, so it still works even if your child sneezes afterwards.
- It teaches the immune system how to fight the flu without causing the illness.
- The nasal spray flu vaccine works just as well as the flu injection.
- Like all flu vaccines, it is updated every year, so children need a dose each year.

Who can get it

- The nasal spray flu vaccine is free for children aged 2 to 5 years (**before they turn 6**). This age group is more likely to get complications from the flu and can spread it easily to others.
- Older children and young people aged 6 to 17 (**before they turn 18**) can also get it if they struggle with needles.
- The flu injection is still free for everyone.

Side effects

Most side effects are mild and temporary. Children may:

- get a runny or blocked nose
- get a mild headache
- feel tired
- eat less than usual.

Serious side effects, such as anaphylaxis (severe allergic reaction), are very rare.

Some children with certain medical conditions should not get the nasal spray flu vaccine.

Your child may still be able to have the injection instead. Your GP, pharmacist or vaccine provider will know what's best for your child.

Where to get vaccinated

Your child can get vaccinated at a:

- GP
- pharmacy
- community clinic
- Aboriginal and Torres Strait Islander Community Controlled Health Service.

They can have it at the same time as other routine childhood vaccines.

Let's protect what matters.



You can find out more about the free flu vaccine, and resources in your language by searching 'flu facts qld' or using this QR Code.