

Nasal spray flu vaccine fact sheet

Easy Read version



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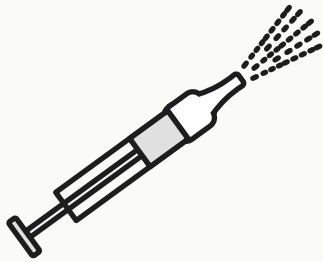
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About this fact sheet



Queensland
Government

This fact sheet is from
Queensland Health.
We are part of the
Queensland Government.



We wrote this fact sheet to tell you about
the nasal spray flu vaccine for children.
We will call it the nasal spray.

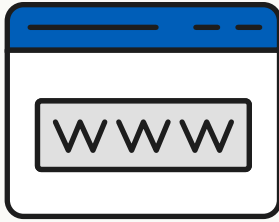


This fact sheet is an Easy Read summary
of information we have on our website.

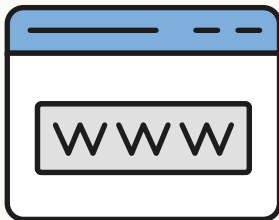


Summary means we only include
our most important ideas.

You can read the full information on our website:



- The flu facts (influenza)
vaccinate.initiatives.qld.gov.au/what-to-vaccinate-against/influenza

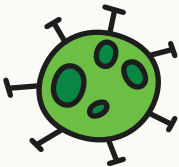


- Free nasal spray flu immunisation
vaccinate.initiatives.qld.gov.au/what-to-vaccinate-against/influenza/nasal-spray-flu-immunisation

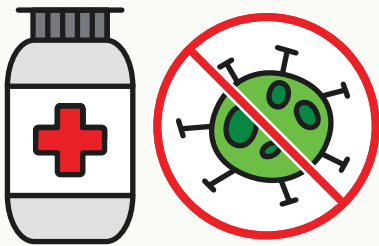


You can find links and more information on [page 16](#) at the end of this fact sheet.

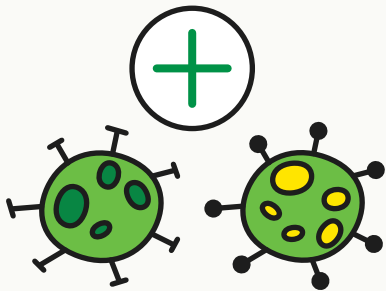
About the flu vaccine



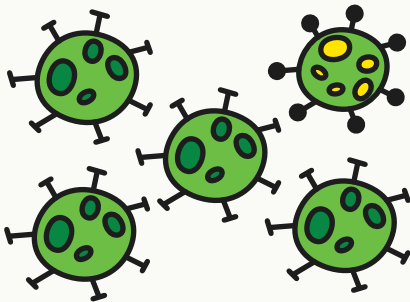
The influenza virus is often just called the flu.



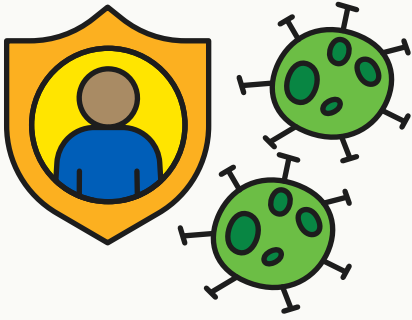
The flu vaccine helps protect you from the flu.



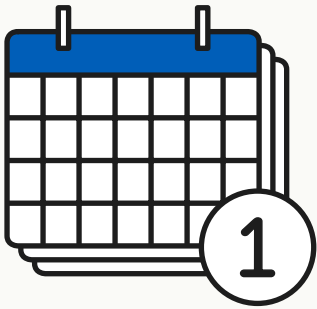
There are always new and different types of the flu.



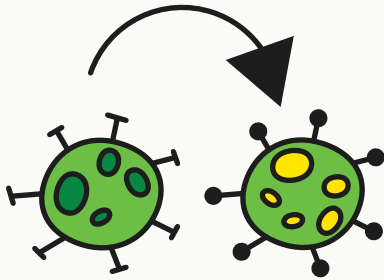
Every year, health experts decide which type of flu will be most common.



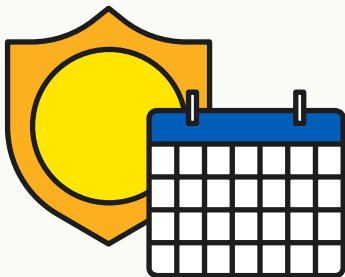
The flu vaccine is made to protect you from the most common type of flu.



We recommend you get a flu vaccine every year because:



- the most common type of flu changes every year

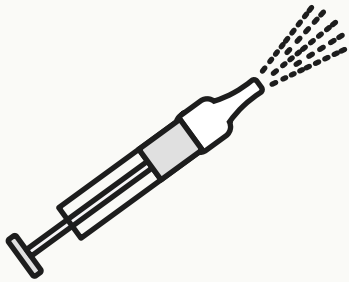


- the vaccine does not last forever.

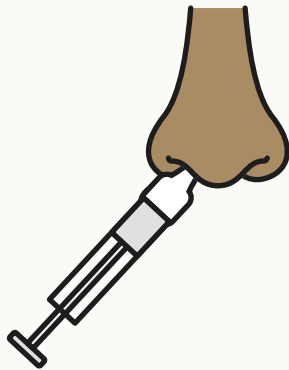
What a nasal spray flu vaccine is



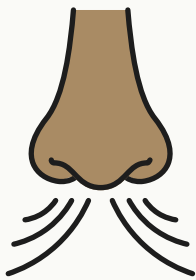
Most vaccines are given as an injection.
An injection is a needle.
It is usually given in your arm.



The flu vaccine also comes as a nasal spray. The nasal spray is not a needle.



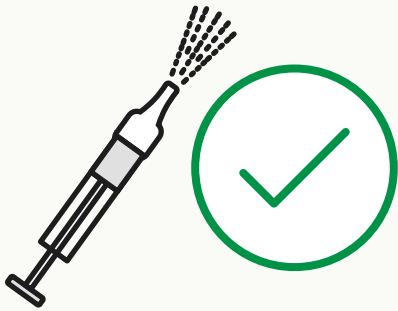
The nasal spray is a liquid that
is sprayed into each nostril and
coats the inside of the nose.



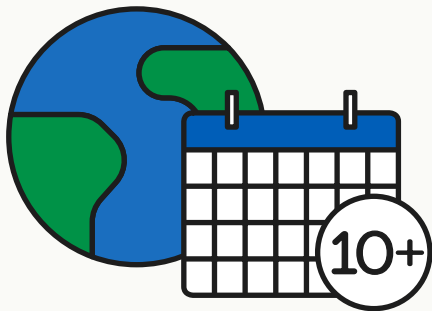
The nasal spray goes into the body
quickly. It will work even if your
child sneezes after getting it.



The nasal spray works as well as the injection vaccine to protect you from the flu.

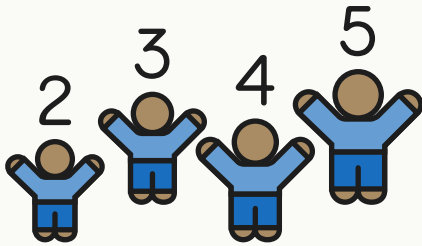


The nasal spray works very well.



It has been used in other countries for more than 10 years.

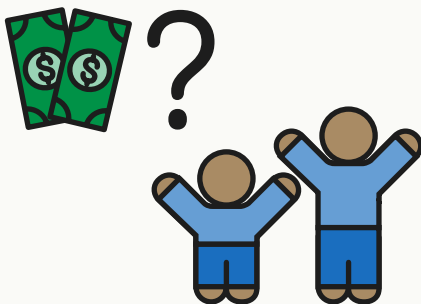
Who can get a nasal spray flu vaccine



Children aged 2, 3, 4 and 5 years old get the nasal spray for free.



Your child can get it for free up to the day they turn 6.

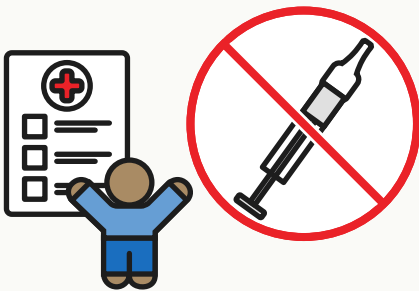


Older children and some young people may still be able to get the nasal spray. You may need to pay for it.

Ask your doctor or the person who gives you your vaccine for more information.



Everyone can still get the flu vaccine injection for free.

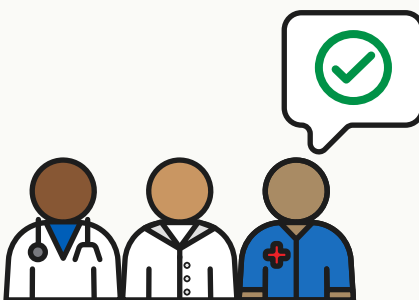


Children with some medical conditions should not get the nasal spray.



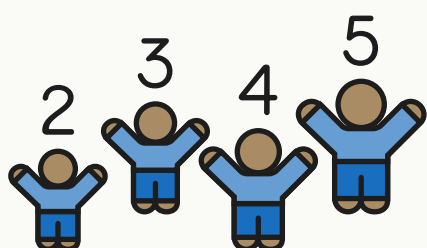
If your child cannot get the nasal spray, they might be able to have the flu vaccine injection.

To find out what is best for your child you should speak to:

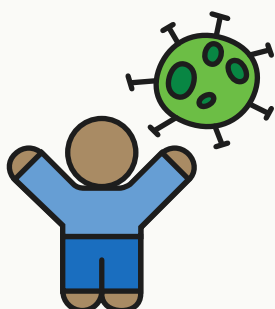


- your doctor or GP
- a pharmacist
- the person who gives you your vaccine.

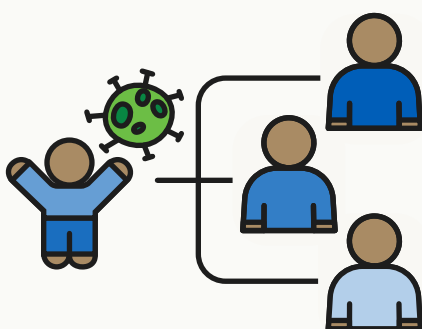
Why your child should get a flu vaccine



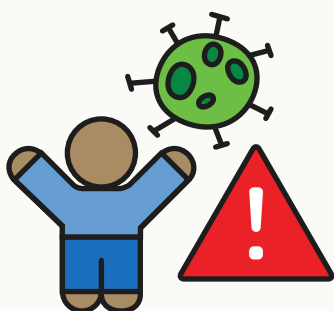
Children between 2 and 5 years old are more likely to:



- get the flu

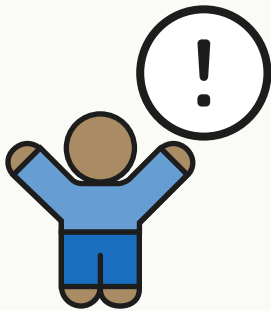


- easily spread the flu to other people.

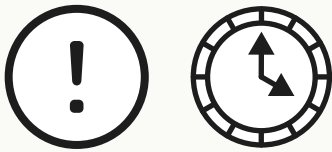


The flu can make young children very sick.

Side effects of the nasal spray flu vaccine



Some children have side effects after getting the nasal spray.



Most side effects are mild and don't last long.

Mild means not strong or not serious.

Side effects after the nasal spray can include:



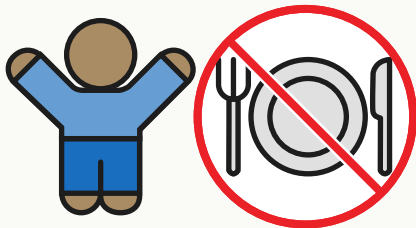
- a runny or blocked nose



- a mild headache



- feeling tired

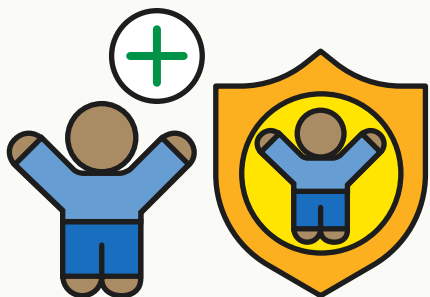


- eating less than usual.



It is very rare for children to get serious side effects, such as a very bad allergic reaction.

Where to get the flu vaccine



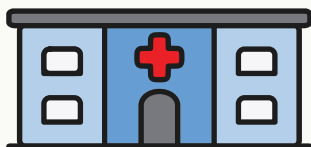
Your child can get their flu vaccine at a:



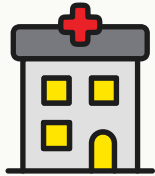
- doctor or GP clinic



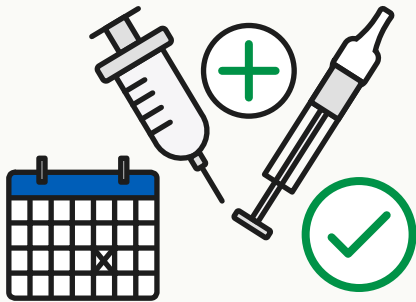
- pharmacy



- community health clinic



- Aboriginal and Torres Strait Islander community controlled health service.



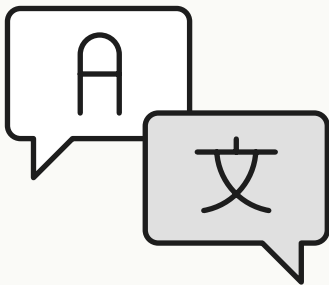
Your child can have the flu vaccine at the same time as their other routine childhood vaccines.

More information



For more information, visit this link or scan the QR code:

vaccinate.initiatives.qld.gov.au/what-to-vaccinate-against/influenza



Do you need an interpreter?

It's free for you to ask for an interpreter when getting vaccinations.

You can also call the Translating and Interpreting Service (TIS) on 13 14 50



Use the National Relay Service (NRS)

Visit the National Relay Service website accesshub.gov.au/about-the-nrs

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