



The Nasal Flu Vaccine (LAIV) for children aged 2 to 17 years

Information for Parents and Guardians 2025-2026

In this pack you will find information about the nasal flu vaccine. Please read the information, complete the consent form and return it in the envelope provided.

The flu vaccine is recommended for all children aged 2-17 years. The vaccine that your child is being offered is a nasal flu vaccine called Fluenz. It is also called a Live Attenuated Influenza Vaccine (LAIV). It is a safe and effective vaccine that is given as a nasal spray.

What you will find with this factsheet

- ▶ Information about the nasal flu vaccine and the disease it prevents. Please read this information carefully and you can also use it to discuss this vaccination with your child.
- ▶ Consent form for vaccination.
 - o Please complete consent form.
 - o Return this form in the envelope provided before the vaccinations begin.
 - o This form must be completed in BLOCK CAPITALS in pen and signed by the parent or legal guardian.

What you could do to help on the day of vaccination

On the day of vaccination, please make sure your child:

- ▶ Eats breakfast
- ▶ Brings their immunisation record card/immunisation passport to school, if they have one.

Please contact the vaccination team before your child is vaccinated if there are any changes in your child's health.

If you have consented to vaccination, please let your vaccinator know before the date of vaccination if your child:

- ▶ has had influenza antiviral medications in the 48 hours before their vaccine is due, they should not get the Nasal flu vaccine (LAIV).
- ▶ has an acute exacerbation of asthma, including increased wheezing and/or needed additional inhalers in the previous 72 hours they should not receive the nasal flu vaccine.
- ▶ has received a dose of the flu vaccine from their GP or Pharmacist since the consent form was completed.
- ▶ is unwell with a sudden fever (as vaccination should be delayed until recovery).

Does your child need a second dose?

If your child has never had a flu vaccine before and is aged under 9 years, they may need a second dose of flu vaccine if they have any of the following conditions:

- ▶ Chronic heart disease, Chronic kidney disease, Chronic liver disease, Chronic neurological disease, Chronic respiratory disease
- ▶ Cancer
- ▶ Haemoglobinopathies
- ▶ Diabetes and other metabolic disorders, including inherited metabolic disorders
- ▶ Immunocompromised due to disease or treatment
- ▶ Down syndrome
- ▶ Moderate to severe neurodevelopmental disorders
- ▶ Body mass index $\geq 40\text{kg/m}^2$
- ▶ Serious mental health conditions

Participating GP practices or pharmacists can give your child a second dose of nasal flu vaccine (LAIV) for free at least 4 weeks after their first dose.

Visit www.hse.ie/flu for more information about this vaccine.