Child Health and Safety Newsletter
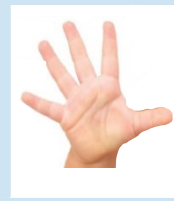
…Protection against **flu**

This newsletter is designed to raise awareness of the work of the Staffordshire and Stoke-on-Trent Child Death Overview Panel (CDOP) and to bring news on our ongoing campaigns.

Having the flu vaccine will help protect children from what can be a very nasty illness.

Some children can develop serious complications after flu, such as bronchitis, pneumonia and sepsis (see overleaf). There have been cases in Staffordshire where children have developed these so rapidly, it has led to sudden and unexpected death.

Public Health England

NHS

5 reasons to vaccinate your child against flu

1. **Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. **Protect you, your friends and family.** Vaccinating your child will help protect more vulnerable friends and family

3. **No injection needed.** The nasal spray is painless and easy to have

4. **It's better than flu.** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. **Avoid costs.** If your child gets flu, you may have to take time off work or arrange alternative childcare

What should I do?

Children aged two and three years old are offered this vaccination in general practice. Your child's GP surgery should contact you. If you haven't heard from their GP by early November, contact them directly to make an appointment.

Children in reception class and school years 1, 2, 3 & 4 will be offered the vaccine at school. Your child's school will provide details from the local healthcare team.
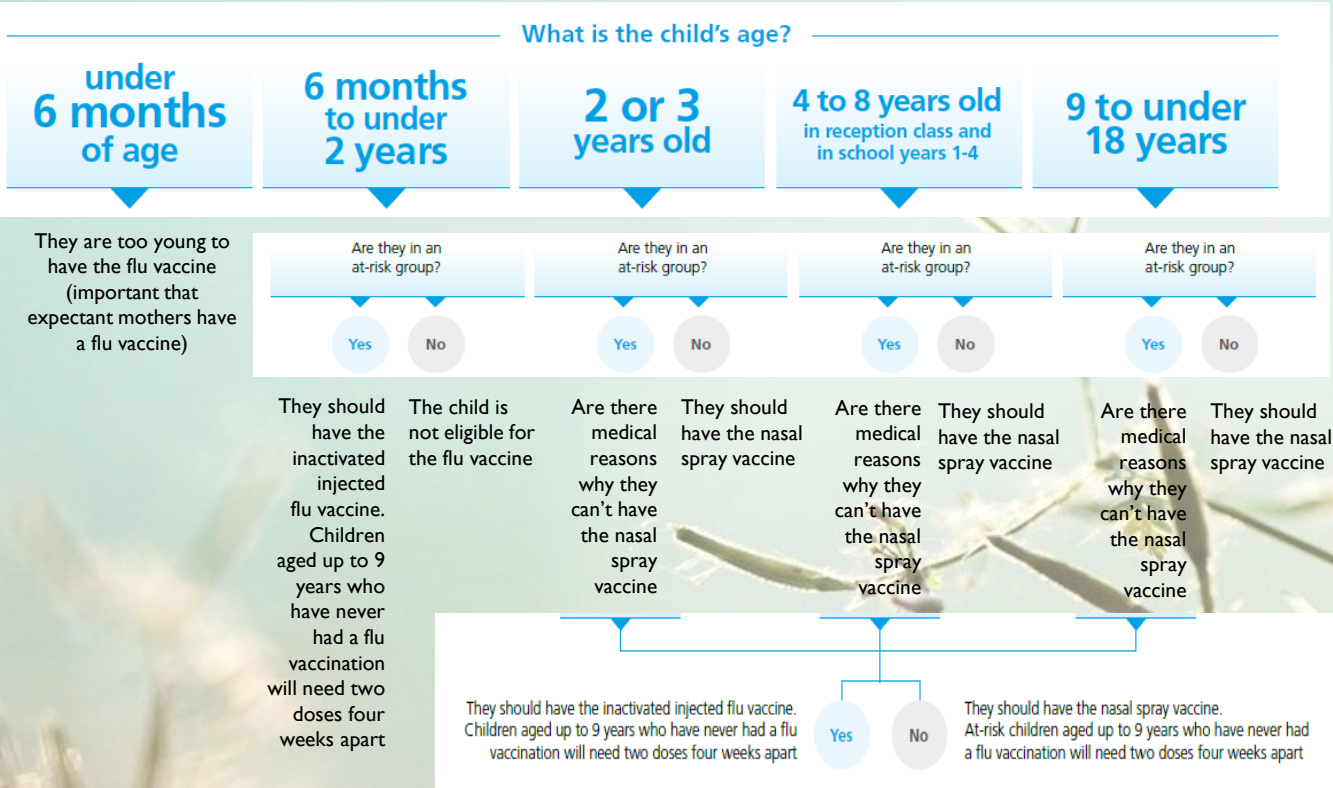
For more information visit
www.nhs.uk/child-flu

STAY WELL THIS WINTER

Flu immunisation 2017/18
Helping to protect everyone, every winter

www.safeguardingchildren.stoke.gov.uk

Safeguarding Children Board
www.staffsscb.org.uk

Which flu vaccine should children have ?

There are two types of flu vaccine available for children in 2017/2018 – the 'live' nasal spray vaccine and the inactivated infection flu vaccine.

What is the child's age?

under 6 months of age

They are too young to have the flu vaccine (important that expectant mothers have a flu vaccine)

6 months to under 2 years

Are they in an at-risk group?

Yes — They should have the inactivated injected flu vaccine. Children aged up to 9 years who have never had a flu vaccination will need two doses four weeks apart

No — The child is not eligible for the flu vaccine

2 or 3 years old

Are they in an at-risk group?

Yes — Are there medical reasons why they can't have the nasal spray vaccine

No — They should have the nasal spray vaccine

4 to 8 years old in reception class and in school years 1-4

Are they in an at-risk group?

Yes — Are there medical reasons why they can't have the nasal spray vaccine

No — They should have the nasal spray vaccine

9 to under 18 years

Are they in an at-risk group?

Yes — Are there medical reasons why they can't have the nasal spray vaccine

No — They should have the nasal spray vaccine

Yes — They should have the inactivated injected flu vaccine. Children aged up to 9 years who have never had a flu vaccination will need two doses four weeks apart

No — They should have the nasal spray vaccine. At-risk children aged up to 9 years who have never had a flu vaccination will need two doses four weeks apart

Complications

bronchitis - inflammation of the airways in the lung (bronchi) leading to a chesty cough and breathlessness

pneumonia - inflammation of the lungs leading to difficulty breathing: fast breathing, indrawing between or under the ribs

tonsillitis – inflammation of the tonsils and fever with a sore throat and difficulty swallowing

otitis media – an infection of the middle ear with ear ache or discharge

sinusitis – inflammation of the lining of the sinuses, with head or face pain and fever

febrile seizures (convulsions) – a fit that can happen when a child has a fever

meningitis – infection in the brain and spinal cord, with fever, altered consciousness and stiff neck

encephalitis – inflammation of the brain, with fever, confusion and seizures

Breathing problems and seizures can develop rapidly and even become life-threatening. While these complications may arise from other infections, flu is one of the commonest that they follow.

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