

Area Team (Thames Valley)
Jubilee House
5510 John Smith Drive
Oxford Business Park South
Oxford
OX4 2LH

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Dear Parent or Guardian,

Flu – why is it important for children and adults at higher risk of complications to get vaccinated?

We'd like to invite you to take your child to their GP for their free flu vaccination if they fall into one of the below at risk groups. This is because flu (Influenza) can severely affect both children and adults in these at risk groups. Flu is a viral illness that occurs in the winter months, although for some people they might only experience mild illness, for others it can be more serious. People can suffer from complications such as ear infections, bronchitis and even pneumonia, which could result in going to hospital for treatment.

The flu vaccine can help protect children and adults against infection. The risk groups include children and adults with:

- Chronic respiratory disease including asthma treated with steroid inhalers or tablets or children who have been admitted to hospital with serious chest or breathing problems
- Chronic heart disease including congenital heart disease
- Chronic kidney disease
- Diabetes, including diet-controlled
- Chronic neurological disease, e.g. cerebral palsy or neuromuscular disease
- Chronic liver disease
- Immunosuppression due to disease or treatment

If your child is in one of these at risk groups, please consider taking them to visit your GP to get them vaccinated against flu. There is now a vaccine for children under 18 years old, which can be given as a nasal spray rather than injection and this is available at your GP Surgery. (Please note the intranasal-vaccine might not be suitable for all children and your GP will be able to advise you).

Further information on the seasonal flu vaccine is available at www.nhs.uk/Conditions/vaccinations/Pages/child-flu-vaccine.aspx

For children and adults in these at risk groups flu vaccination is available free of charge from your GP surgery.

Yours sincerely



Paula Jackson
Consultant in Public Health
Screening and Immunisation Lead
NHS England Thames Valley Area Team