



## Information sheet – children aged 7-10

### What is this leaflet about?

There is a new vaccine for children to help protect them against flu. It is sprayed up the nose instead of having an injection.

Public Health England is seeing how this works.

You don't have to help us, it is completely up to you .

### What will happen if I do take part?

Your nurse will ask you and your Mum or Dad about how you are

**Flu vaccine:** Each year for three years your nurse will give you the vaccine up your nose. It doesn't hurt, but it might tickle and make your nose a bit itchy or you might make you sneeze.



**Tests:** You will have two blood tests. Your nurse will give you some cream to make your skin numb so it shouldn't hurt.

**Spit test:** Your nurse, mummy or you will rub a soft sponge on a stick over your teeth and gums, just like brushing your teeth. It feels funny but won't hurt at all.

**Nose swab** If you get a cold or cough Mummy will rub a cotton bud inside of your nose.

**Health diary:** You will have a special diary for a week to tell us how you have been feeling and whether you have seen the doctor.

[You](#) can ask your nurse any questions when you see her.

