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Dear Parent or Carer

### **Influenza Immunisation**

Influenza (flu) is a viral illness that occurs in the winter months. Some people only experience mild illness, whereas others can be severely affected. Flu can lead to complications such as bronchitis, pneumonia or ear infections. Sometimes this can result in hospital admission.

Influenza vaccine can protect against infection, it is offered routinely to people if they fall into a group who are at particular risk from severe influenza illness. 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 risk groups we would recommend that you consider having them immunised. There is now a vaccine for children under 18 years old which can be given as a nasal spray rather than injection and this may be available at your surgery. (It may not be suitable for all children)

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

**For children and adults in these risk groups influenza immunisation is available free of charge from their GP surgery. Please contact your GP directly for an appointment if they have not yet contacted you.**

Yours sincerely



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Screening and Immunisation Lead