

# The nasal flu vaccine may help reduce cases of group A strep

Bromley parents are urged to have their children vaccinated against flu to help reduce group A strep infections

**The flu nasal spray vaccine which offers protection to children against flu may also help reduce the rate of group A strep infections\*.**

Flu is a common and infectious disease caused by a virus. It is more severe than a cold. The children's nasal spray flu vaccine is safe, effective and is offered every year to children to help protect them against flu. It is completely painless and reduces the spread of infection to other children and adults. It will protect your child and prevent them getting sick with flu and needing time off school or nursery.

Even healthy children can become seriously ill from flu. In some cases, flu can lead to complications. These can include bronchitis, pneumonia, painful middle-ear infection, vomiting and diarrhoea.

Children who catch flu are at greater risk from subsequent infections, including group A strep infection. This is another reason for children to have their vaccine at a time when there are unusually high rates of group A strep infection across the population.



Dr Bhumika Mittal is a Bromley GP and mother to two young children. Both have had their flu nasal spray.

"The best thing any parent can do for their child is to make sure they are up to date with all their childhood vaccinations, including the yearly flu vaccine. Young children catch and spread the flu easily, but if they are vaccinated, they are less likely to be really ill and less susceptible to other infections like group A strep.

"Flu is circulating in Bromley, and we are seeing many more cases than in previous years. It can be really unpleasant for children, especially those with long term health conditions. Children may be super spreaders so can easily pass the virus on to other family members and the wider community. It is never too late to have your child vaccinated and protect them and other vulnerable people".

**Helen Pourak, from Orpington** has vaccinated her children. "I protect my children every year with the flu nasal spray. It is quick, easy to have and painless. It gives me great peace of mind they have the best protection. It is better to have the vaccine than have the flu".

**When should my child have the flu vaccine?**

Child's age	Where to have the flu vaccine
From 6 months until 2 years (with long-term condition)	GP surgery
From 2 years until child starts primary school	GP surgery
All children at primary school	School
Year 7 to year 11 secondary school children	School
Children in reception to year 11 (with long-term condition)	School or GP surgery
Home-schooled children (same ages as reception to year 11)	Community clinic



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**The Bromley primary school vaccination programme has finished for 2022/23.**

If your child has missed their vaccine, please contact your GP for an appointment.

For more information about the children's flu vaccine, visit [www.selondonics.org/childhoodvaccinations](http://www.selondonics.org/childhoodvaccinations). You can also watch our short video at <https://tinyurl.com/pnu6wys9>

\*Report from the UK Health Security Agency