Information about flu vaccination for children and young people

Mae Brechu yn achub bywydau
Vaccination saves lives

The flu vaccine for most children is a nasal spray. It will help protect them and the people close to them against flu. It's easy for you to make sure they get it, all you need to do is complete the consent form.

Flu is serious

Flu spreads easily and people of any age can get flu, but children have the highest rate of infection, and flu can be serious for them. Complications can include bronchitis, pneumonia and ear infections. Some children get so ill they need to be admitted to hospital.
You can read more about flu and possible complications here: **phw.nhs.wales/fluvaccine.**

Benefits of the nasal spray flu vaccine for children

Flu vaccine helps protect children from flu and also helps stop them spreading it to family and friends. Some children can still get flu after having the vaccine but the infection is usually milder. The vaccine is a simple painless nasal spray, which gives them better protection than a flu injection. Your child will have their maximum protection starting around two weeks after having their vaccine.

Flu vaccines are safe

Since 2013 millions of children in the UK have had the nasal spray flu vaccine and it has been shown to be very safe. The flu vaccine cannot cause flu. Like all medicines, the nasal spray flu vaccine may cause side effects for some children. Common side effects include: a runny or blocked nose, a slight temperature, tiredness, a headache, a reduced appetite or aching muscles for a day or two after the vaccine. You can report any side effects online at: **yellowcard.mhra.gov.uk** or via the **Yellow Card** app.

There are very few reasons for children to miss out on their flu vaccine

It is perfectly safe for your child to have the flu vaccine if they have a cold or minor illness on the day.

Your child should NOT have the vaccine IF:

- have had a serious allergic reaction to the vaccine or any part of it;
- are on long-term aspirin (salicylate) treatment;
- have needed intensive care following a severe allergic reaction to eggs or egg products;
- have had oral steroids in the past 14 days;
- have a wheezy chest on the day of the vaccination or in the previous three days;
- have increased the use of their asthma inhaler in the last three days;
- have a condition or treatment that weakens their immune system; or
- are in close contact with someone who has a very weakened immune system and needs to be isolated (for example, after a bone marrow transplant).

If your child cannot have the nasal spray because of one of these reasons, they will be offered a flu vaccine injection instead, and the School Nursing Service will advise you on this please contact 01639 862801 or SBU.schoolnursing@wales.nhs.uk for more information.

The nasal spray vaccine is best for children, and like some other medicines it contains traces of highly purified porcine gelatine. If this is an issue for them, it doesn't mean your child should miss out, you can request a gelatine-free flu vaccine injection from their GP surgery or for more information contact the School Nursing Service on the contact details above. For a full list of the vaccine ingredients, visit this website: **medicines.org.uk/emc/** and enter 'Fluenz Tetra' into the search box.

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For more information about flu visit **phw.nhs.wales/fluvaccine**

Gwybodaeth am frechu rhag y ffliw i blant a phobl ifanc

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Chwistrell trwyn yw'r brechlyn ffliw i'r rhan fwyaf o blant. Bydd yn helpu i'w hamddiffyn nhw a'r bobl sy'n agos atynt rhag y ffliw. Mae'n hawdd i chi sicrhau eu bod yn ei gael, y cyfan sydd angen i chi ei wneud yw llenwi'r ffurflen atodedig a'i dychwelyd i'r ysgol.

Mae'r ffliw yn ddifrifol

Mae'r ffliw yn lledaenu'n hawdd, a chyda chymdeithas yn dychwelyd i'r arfer mae'n debygol y bydd cyfraddau'r ffliw yn uwch eleni ochr yn ochr â COVID-19 sy'n mynd ar led. Gall pobl o unrhyw oedran gael y ffliw, ond plant sydd â'r gyfradd heintio uchaf, a gall ffliw fod yn ddifrifol iddyn nhw. Gall y cymhlethdodau gynnwys broncitis, niwmonia a heintiau ar y glust. Mae rhai plant yn mynd mor sâl fel bod angen iddynt fynd i'r ysbyty. Gallwch ddarllen rhagor am y ffliw a'r cymhlethdodau posibl yma: **icc.gig.cymru/brechlynffliw**.

Manteision y brechlyn ffliw drwy chwistrell trwyn i blant

Mae brechlyn y ffliw yn helpu i amddiffyn plant rhag y ffliw ac mae hefyd yn eu hatal rhag ei ledaenu i deulu a ffrindiau. Gall rhai plant gael y ffliw ar ôl cael y brechlyn ond mae'r haint fel arfer yn ysgafnach. Mae'r brechlyn yn chwistrell trwyn di-boen syml, sy'n rhoi gwell amddiffyniad iddynt na phigiad rhag y ffliw. Bydd eich plentyn yn cael ei amddiffyniad mwyaf posibl gan ddechrau tua dwy wythnos ar ôl cael ei frechlyn.

Mae brechlynnau ffliw yn ddiogel

Ers 2013, mae miliynau o blant yn y DU wedi cael y brechlyn ffliw drwy chwistrell trwyn a dangoswyd ei fod yn ddiogel iawn. Ni all y brechlyn ffliw achosi ffliw. Fel pob meddyginiaeth, gall y brechlyn ffliw drwy chwistrell trwyn achosi sgil-effeithiau i rai plant. Mae'r sgil-effeithiau cyffredin yn cynnwys: trwyn sy'n rhedeg neu wedi'i rwystro, tymheredd yn codi ychydig, blinder, pen tost/cur pen, llai o archwaeth neu gyhyrau poenus am ddiwrnod neu ddau ar ôl y brechlyn. Gallwch roi gwybod am unrhyw sgil-effeithiau ar-lein yn: **yellowcard.mhra.gov.uk** neu drwy'r ap **Yellow Card**.

Prin iawn yw'r rhesymau i blant golli allan ar eu brechlyn ffliw

Mae'n gwbl ddiogel i'ch plentyn gael y brechlyn ffliw os oes ganddo annwyd neu salwch ysgafn ar y diwrnod.

NI DDYLAI eich plentyn gael y brechlyn OS yw:

- wedi cael adwaith alergaidd difrifol i'r brechlyn neu unrhyw ran ohono;
- ar driniaeth asbrin (salisylad) hirdymor;
- wedi bod angen gofal dwys yn dilyn adwaith alergaidd difrifol i wyau neu gynhyrchion wyau;
- wedi cael steroidau drwy'r geg yn y 14 diwrnod diwethaf;
- â brest sy'n wichlyd ar ddiwrnod y brechiad neu yn ystod y tri diwrnod blaenorol;
- wedi cynyddu'r defnydd o'i anadlydd asthma yn ystod y tri diwrnod diwethaf;
- â chyflwr neu driniaeth sy'n gwanhau ei system imiwnedd; neu
- mewn cysylltiad agos â rhywun sydd â system imiwnedd wannach o lawer ac sydd angen ynysu (er enghraifft, ar ôl trawsblaniad mêr esgyrn).

Os na all eich plentyn gael y chwistrell trwyn oherwydd un o'r rhesymau hyn, bydd yn cael cynnig pigiad brechlyn ffliw yn lle hynny, a bydd nyrs yr ysgol yn eich cynghori ar hyn.

Y brechlyn chwistrell trwyn sydd orau i blant, ac fel rhai meddyginiaethau eraill mae'n cynnwys olion gelatin moch pur iawn. Os yw hyn y broblem iddynt, nid yw'n golygu y dylai eich plentyn golli allan, gallwch wneud cais i gael pigiad o frechlyn ffliw di-gelatin o'i feddygfa. I gael rhestr lawn o gynhwysion y brechlyn, ewch i'r wefan hon: **medicines.org.uk/emc/** a rhowch 'Fluenz Tetra' yn y blwch chwilio.

I gael rhagor o wybodaeth am y ffliw ewch i **icc.gig.cymru/brechlynffliw**.