

Public Health Commissioning Team
GMHSCP
3 Piccadilly Place
London Road
Manchester
M1 3BN

October 2019

Dear Parent or Guardian,

**It's time to book your child's flu vaccination,
It's completely free, and available for all 2 and 3 year olds from your GP surgery**

I'm writing to let you know that the nasal flu vaccination for your child (aged 2 or 3) is now available from your GP surgery.

Flu can be a horrible illness for young children. It's extremely easy for them to catch and they can be very poorly for up to a week, with symptoms like a high temperature, aching muscles, headache, dry cough and sore throat. Occasionally some children develop complications of flu, such as bronchitis or pneumonia.

Vaccinating your child helps protect your family and friends by preventing the spread of flu. Even if your child was vaccinated last year, it is important they are protected again this winter because the flu virus can change every year.

The flu vaccine for children is **free, safe and quick**, and is given by a painless spray up the nose.

I would urge you to **contact your GP and arrange for your child to receive their flu vaccination** as soon as possible. This is the best way to protect your child, you and your family from the flu virus.

Yours sincerely,



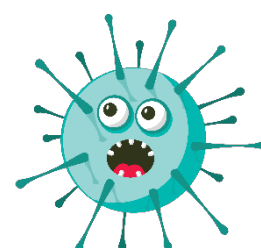
Christine Khiroya

Nurse Consultant, Senior Screening and Immunisation Manager, GMHSCP

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Please record the date and time of your child's appointment

Date _____

Time _____ AM/PM



measles

Don't let your child catch it

– get them vaccinated with the MMR vaccine

Whilst at your GP, why don't you check your child is up to date with other vaccines, like MMR?

1

One vaccine

The MMR vaccine is a single injection that is administered into the thigh of young children or the upper arm of older children or adults. It is a live vaccine which means that it contains weakened versions of measles, mumps and rubella viruses. These have been weakened enough to produce immunity without causing disease.

2

Two doses

The MMR vaccine gives long lasting protection with just two doses of the vaccine. The first dose is given at the age of 12 months and the second dose is given at around three years and four months, before starting school. Having both doses gives long lasting protection against measles, mumps and rubella. In adults and older children the two doses can be given with a one month gap between them.

3

Three infections

The MMR vaccine protects against three infections; measles, mumps and rubella. These are viral infections that can quickly spread to unprotected children and adults – they spread more easily than flu or the common cold.

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Long-lasting protection

The MMR vaccine is the safest and most effective way to protect yourself against measles, mumps and rubella. Since the vaccine was introduced in 1988, these conditions have become rare in the UK. However, outbreaks of disease, especially measles, have occurred when the number of people having the vaccine has dropped. If you are unsure whether you have previously had the vaccine or not, you can check with your GP, having further doses will not cause any harm.