NHS
Central East
Integrated Care Board

October 2026

Don't let flu spoil their fun: protect your child with the flu nasal spray vaccination

Dear parents and carers,

This autumn, your little one has a superpower waiting for them – and it's just a spray away!

All children aged 2 and 3 years on 31 August 2026 are eligible for a free NHS flu vaccine, which is given as a quick, painless nasal spray. No needles, no fuss – just a powerful shield to help protect them from flu.

Flu isn't just a cold in disguise, it's a serious virus that can knock little heroes off their feet. It can cause high fever; sore throat; cough and fatigue; chest or ear infections and can even lead to a hospital stay in some cases

Young children are especially vulnerable, but with the flu vaccine spray, they can fight off flu.

Why flu vaccination matters for young children

- Flu spreads easily and young children are often the ones who catch it first and pass it on to others.
- The nasal spray is quick, safe and painless. No injections, just a small spray up each nostril - done in seconds!
- Having a child with the flu can also be disruptive for parents if you need to take time off work or find alternative childcare.

The flu virus changes each year, which is why the vaccine is updated annually. Even if your child had the spray last year, they'll still need it again this year to keep up their super powers and stay protected.

By vaccinating your child, you're not just protecting them, you're helping to protect the whole family, including grandparents, siblings, and others who may be more vulnerable to serious illness.

How do I get the vaccine?

If your child is aged 2 or 3, they can have the flu spray at your GP practice or at a pharmacy offering flu vaccinations for children.

NHS Central East Integrated Care Board
Gemini House, Bartholomew's Walk,
Cambridgeshire Business Park, Angel Drove,
Ely, Cambridgeshire, CB7 4EA.

T: 03300 571030 **W:** www.centraleast.icb.nhs.uk

If they're at school, look out for the letter explaining when they will get their vaccination – and remember to fill out the consent form the school sends you!

Children who have certain health conditions that make them at higher risk from flu, can also have a vaccine from aged 6 months. For these very young children, the vaccine is delivered as an injection, not as a nasal spray. For children who can't have the nasal spray for medical or religious reasons, an injection is available.

For further information visit www.nhs.uk/vaccinations/child-flu-vaccine/

If you are pregnant, you are also eligible for the flu vaccine as flu can be serious during pregnancy for women and their unborn babies and their newborn babies. Speak to your GP or maternity service for more information.

Kind regards

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