



**Mae Brechu yn achub bywydau**  
**Vaccination saves lives**

## **Flu Vaccine Nose Spray and Gelatine**

**Information for parents about the flu vaccine  
for children given as a spray up the nose**

This leaflet was written by **Public Health Wales**. It was made into easy read by **Easy Read Wales**.

# About flu and the flu vaccine

**Flu** is an infection caused by germs. It can cause things like:

- a fever
- aching body
- a headache
- a cough
- a sore throat.



A **flu vaccine** is a medicine that helps stop you getting ill from **flu**. It can help stop spreading the infection to other people. It is one of the best ways to protect your child from **flu**.

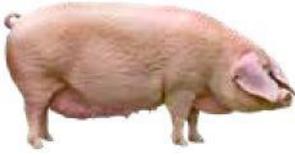


You can get the **flu vaccine** as an injection, or as a spray up your nose. Children are given the spray up their nose.



This leaflet is about the nose spray **flu vaccine**. It is called **Fluenz Tetra**. This type of **flu vaccine** has **gelatine** in it.

# About gelatine



The **flu vaccine** Fluenz Tetra has a very small amount of **gelatine** from pigs in it.



**Gelatine** is used in foods too. Like marshmallows and gummy bears.

But unlike the gelatine used in food, the gelatine used in **flu vaccines** is **very purified**.



**Purified means cleaned.**



## Why is gelatine used in the nose spray flu vaccine?



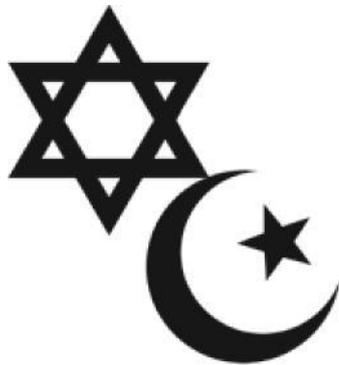
Gelatine is used in lots of medicines. It keeps the medicine safe and helps it to work.

There is only a very small amount of gelatine in the nose spray **flu vaccine**.

# Why can't something other than gelatine be used?



Gelatine was chosen after many years of testing and studies. It could take years to find something else that works. We may never find something else.



## What about religion?

Some people in the Muslim and Jewish communities do not agree with taking medicine with pork gelatine in it. They believe it is against the rules of their religion.



Jewish leaders have said the nose spray **flu vaccine** is ok for Jewish people to take. Because it is not eaten.



But some people may still choose **not** to take medicines with pork gelatine in, unless:

- there is nothing else they can take instead
- they need the medicine to save their life.



## Can my child have a different flu vaccine?

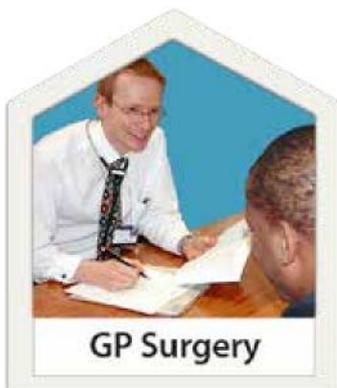
The nose spray **flu vaccine** is the best protection against **flu** for children aged 2 years and older.



**Flu vaccine** injections do **not** have gelatine in them. But they do not work as well in children. Some children may need 2 doses.



If your child is able to get the **flu vaccine**, but you do **not** want your child to get the nose spray, you can ask for the injection instead.



Your child will **not** be able to get the **flu vaccine** injection in school. You will need to ask your GP surgery for this.

# More information



If you have any worries, or if you want to talk to someone about the **flu vaccine**:

- Talk to your doctor or nurse at your GP surgery.
- Or call NHS Direct Wales on 111 or 0845 4647.

Calls to 111 are free from landlines and mobiles. Calls to 0845 46 47 cost 2p per minute. You have to pay this on top of your phone provider's usual charges.

There is also more information on our website:  
[phw.nhs.wales/flu vaccine](http://phw.nhs.wales/flu vaccine)