

Advice following flu immunisation: go to www.nhs.uk/conditions/vaccinations

The nasal spray flu vaccine is generally very well tolerated; the most common side effect is a slight runny nose for a short time.

Other possible side effects include:

- High temperature
- Headache
- Feeling slightly unwell
- Loss of appetite

These symptoms usually pass within a couple of days. If you are worried by your child's reaction to the immunisation please speak to your doctor or call NHS 111

If your child has a runny nose after their flu vaccination, simply wipe their noses with a tissue and then discard it.

If your child develops a fever after their flu vaccination, keep them cool by making sure they don't have too many layers of clothes or blankets on and giving them cool drinks. You could also give them infant paracetamol or ibuprofen to reduce their fever.