NHS
Kent Community Health
NHS Foundation Trust

Immunisation Service
@kchftimmsteam

September 2026

Dear parent/carer

Protect your child and others from flu this winter

Flu can be an unpleasant illness and sometimes leads to serious complications. The flu vaccine helps protect your child and those around them by reducing the spread of the virus. Flu strains change each year so it's important to get vaccinated every year. The preferred option for children is a quick and painless nasal spray but you can choose an injection for your child if you prefer.

We have updated our online consent system. Please give either a YES or DECLINE consent. We will continue to invite your child for vaccination unless we receive a response from you and if we don't hear back, a member of our team may contact you by phone to request verbal consent.

The Immunisation Service will visit your child's school on **19th November 2026**
Discuss this immunisation with your child and complete the before **4pm on 16th November 2026**
Click here to complete the seasonal flu form

If your child can't be vaccinated at school, you'll receive an email with a link to book an appointment at one of our clinics online. Visit vaccineknowledge.ox.ac.uk/flu-vaccine or www.nhs.uk/vaccinations/child-flu-vaccine for more information on the flu vaccine.

- If your child becomes wheezy, has a bad attack of asthma, or has started oral steroids for their asthma after you submit the consent form, please contact us on 0300 123 5205.
- The nasal flu vaccine contains pork gelatine. An alternative **injectable** vaccine is available for those who do not wish their child to be vaccinated with a gelatine containing vaccine. The consent form has an option to select the injectable flu vaccine instead of the nasal spray.
- If your child is in an at-risk health group they may also receive an invite letter from the GP. If your child is vaccinated by the GP please inform us as soon as possible.
- Consent expires at the end of each school year. You'll be asked to give consent or decline again next year for your child's annual flu vaccine.

Further support

Kent School Health supports children and young people aged four to nineteen, including those who do not attend school. They can help with a range of issues young people might face including toileting, sleep, behaviour, emotional support, healthy lifestyle and puberty and growing up. You can find lots of helpful information to support your child's development, and keep them healthy and safe at Kent Family https://family.kentcht.nhs.uk/

How can we help you?

We offer communication support in various formats. Please let us know, or ask someone to tell us on your behalf if you need an interpreter, including British Sign Language (BSL), information in another language or large print, Braille, Easy Read, or audio formats. For details on how we handle your information, visit www.kentcht.nhs.uk/privacy.

Kind regards

Immunisation Service
Kent Community Health NHS Foundation Trust

Text chat: 07700140385 / Live chat via our website: www.kentcht.nhs.uk/imms
Email: kchft.cyp-immunisationteam@nhs.net / Phone: 0300 123 5205