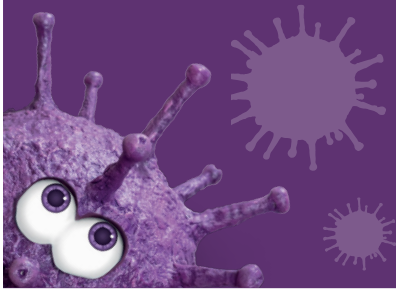


SCHOOL MANAGER'S GUIDE & TEMPLATES



Introduction

Share Good Times Not Flu...in school is produced and provided by AstraZeneca, makers of the nasal spray flu vaccine used in the NHS Childhood Seasonal Flu Immunisation Programme.

Resources comprise of:

- School Manager's Guide, including communication templates, to help head teachers and SLTs prepare for and introduce flu vaccination day.
- Assembly plan, which can be used as part of a whole school assembly and/or with invited parent/carers.
- Cross-curricular lesson plans, fun activity suggestions, worksheets and PowerPoint presentations for use with children in EYFS, KS1 and KS2.

The materials will also encourage increased pupil awareness of the importance of hand hygiene in helping to combat the spread of illness, particularly flu, in school with the aim of enabling a healthier environment for pupils, staff and parent/carers.

Share Good Times Not Flu resources have been written to complement information provided by school health professionals and immunisation teams. They are not intended to replace any information provided by these teams.

To find out more about how childhood flu vaccination is being offered in your area visit:

NHS Choices, Flu Vaccination for Children

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>

Northern Ireland Direct, Flu Vaccination

<https://www.nidirect.gov.uk/articles/flu-vaccine-children>

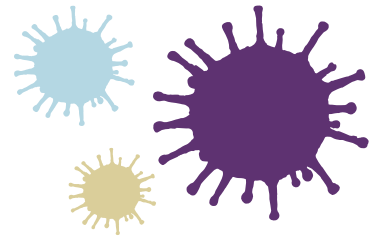
Immunisation Scotland, Child flu

<http://www.immunisationscotland.org.uk/vaccines-and-diseases/seasonalflu/childflu.aspx>

Public Health Wales, childhood Influenza Vaccination Programme

<http://www.wales.nhs.uk/sitesplus/888/page/93114>

Share Good Times Not Flu, resources are copyright-free and are available to download **free of charge** from www.sharegoodtimesnotflu.co.uk



Preparing for Vaccination Day Tips

1. Early preparation makes the process easier. It can be a good idea to nominate a member of staff to act as the key liaison point for all school-based immunisations.
2. Speak with the healthcare team and confirm when vaccinations are taking place.
3. Use posters, flyers, the school website, social media or a newsletter to make all parent/carers aware of the importance of the vaccine and returning the consent form. The healthcare team will provide you with materials and information, and this includes resources you can use to communicate and manage this process.
4. After early distribution and return of consent forms, and closer to vaccination day, you could remind pupils of what to expect, either in year group assemblies or during tutor group sessions. Parent/carers could be invited to drop-ins or to a fun assembly on the subject.

Parent/Carer Link

Parent/carers can access a wealth of information, about children's flu vaccine including that supplied on www.sharegoodtimesnotflu.co.uk and by each of the relevant Public Health websites (see page 1).

It may also be useful to parent/carers to be aware of how the administration of the vaccination will be managed in school, you may find template 2, available on page 7 of this document helpful for communicating this:

Template 1: Consent Forms

You may find these suggestions helpful; specific details should be discussed with the healthcare team attending your school.

- Distribute consent forms in good time. Set up a reminder system for non-returned forms.
- Distribute the consent forms with a supporting letter or note outlining additional information and/or sources of further advice. See pages 7-8 for Templates.
- Agree with the healthcare team how and when consent forms will be collected.

Returned consent forms will be collected by the healthcare team beforehand - or on the day. Only eligible children will be vaccinated. The healthcare team will make all decisions regarding whether a child should receive the vaccination, taking into account information on the consent form and, for example, whether the child is well on the day.

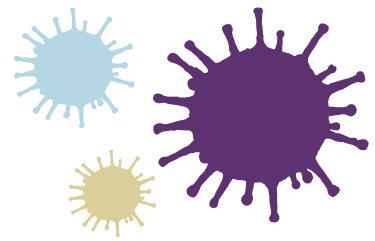
Template 2: Flu Vaccination in our School

It may also be useful to consider different ways to ensure that information provided is accessible to all parents and carers, for example, providing translation/information in different languages, distributing information in non-digital formats and using the schools' social media sites (where available) or offering dedicated drop in sessions in school.

Encourage the engagement of faith and community leaders where possible so that they can support the school by reinforcing positive health messages about the vaccination programme to parent/carers.

Highlight the Date for Everyone

Highlight it on your school calendar, include it in your school newsletter, on your website, on social media and display flyers and posters. The children could display their own designs.



On Vaccination Day

The healthcare team will have a list of all eligible children for whom consent has been received. Teachers may be asked by a healthcare professional to confirm the identity of younger pupils. The team will liaise with you about requirements and preferred logistics for the day. The following arrangements would be helpful to plan in advance:

- have a room or hall area available that is large enough to set up separate stations to allow for groups of pupils to be vaccinated at one time and a screened off area for sensitive or confidential discussions and recovery area.
- provide chairs for the pupil/s being vaccinated and desks/chairs available for nurses, immunisation equipment and administration paperwork.
- check that there are tissues available.
- appoint a member of staff to monitor pupils queuing and to help calm any last-minute anxieties.
- organise a member of staff/volunteer pupil to act as a 'runner' and bring new classes to the queue when necessary.
- plan a strategy for "on the day" withdrawal of consent.
- use posters around the school to remind pupils, staff and parent/carers of Vaccination Day timings.

FLU FACTS

The following information is provided to support teachers in discussing flu in school.

About Flu

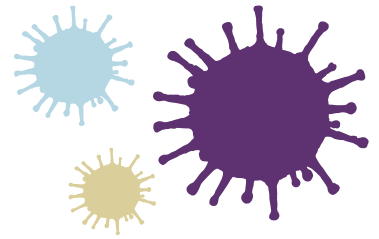
- Flu is unlike the common cold; causing a fever, aching muscles, extreme tiredness in children, a stuffy nose, sore throat and a dry cough.^{1,2}
- In serious cases, flu can lead to complications such as painful ear infection, acute bronchitis and pneumonia.^{1,2,3}
- Flu is miserable for children and the family – it can take up to 7 days to recover, which can mean time off work and affect childcare arrangements.^{1,3}
- A study has shown that children under the age of 5 are more likely to be admitted to hospital with flu than any other age group.^{1,3,4}
- Because the main flu viruses change each year, all flu vaccines need to be given each year, including the nasal spray flu vaccine.³

Flu vs Cold⁵

SIGNS	FLU	COLD
Symptom onset	Sudden	Gradual
Symptom intensity	Intense	Usually mild
Fever	Sudden fever	Mild fever
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue/weakness	Usual	Sometimes
Sneezing/stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

Adapted from: Centres for Disease Control, Cold Versus Flu

Distinguishing between a cold and the flu is not always clear cut as there is an overlap between the two sometimes (e.g. in the case of a severe cold)



What is a Virus?

- Viruses are tiny particles that cause disease in people, other animals, and plants. Different viruses cause the common cold, influenza (flu), chicken pox, measles and many other diseases.⁷
- Not all diseases are caused by viruses.
- Viruses are so tiny that people can see them only with powerful microscopes.⁷

Effects of flu:

- Some children develop a very high fever or complications, such as bronchitis, pneumonia or painful, middle ear infection.^{1,3}
- In children and young people with long-term health conditions such as diabetes, asthma, heart disease or lung disease, getting flu can be serious as they are at risk of developing serious complications.³
- Flu is more easily spread by children when grouped together, such as in school classrooms.²
- Children are often contagious for longer than adults – can spread the virus even after 7 days.⁶
- According to a prospective survey of 313 children in 216 families in the US, for every 10 children who missed school because of a flu-associated illness, 8 household members subsequently became ill.⁹

Vaccinating children each year means that not only does it help protect the children themselves but there will be reduced transmission across all age groups, lessening levels of flu overall and reducing the burden of flu across the population.⁸

When are vaccinations most effective?

Flu occurs most often in winter and usually peaks between January and March¹⁰ - so it is important that children are protected in advance. Therefore, vaccination in school is most likely to take place in the autumn term between October and December.

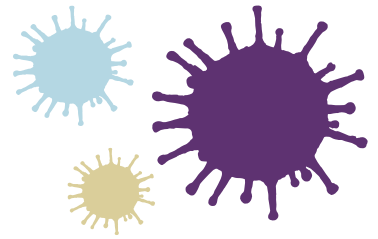
TEMPLATE FORMS

Template 1: Consent Form Checklist

May be useful when co-ordinating consent forms and liaising with the immunisation team or nurse responsible for vaccination.

Template 2: Flu Vaccination in our School

May be useful to provide to parent/carers when distributing consent forms.



Template Form 2

Flu Vaccination in our School

On our school is offering
childhood flu vaccination to all eligible pupils*.

Pupils whose parent/carers have provided consent will be given nasal spray flu vaccination during the school day by a school nurse or local immunisation team.

Vaccine is given as a dose of nasal spray squirted up each nostril. It is needle-free.

It is important that you return the consent form to
by whether you wish your child to be vaccination or not.

If you'd like to find out more about nasal flu vaccine:

You can contact (name and contact details)

We are holding an information session on at
..... am/pm.

You can also find out more by visiting:

NHS Choices, Flu Vaccination for Children

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>

Northern Ireland Direct, Flu Vaccination

<https://www.nidirect.gov.uk/articles/flu-vaccine-children>

Immunisation Scotland, Child flu

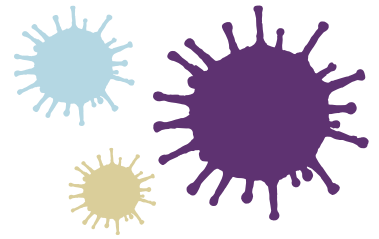
<http://www.immunisationscotland.org.uk/vaccines-and-diseases/seasonalflu/childflu.aspx>

Public Health Wales, childhood Influenza Vaccination Programme

<http://www.wales.nhs.uk/sitesplus/888/page/93114>

AstraZeneca's website for further information

www.sharegoodtimesnotflu.co.uk



Template Form 2

Flu Vaccination in our School

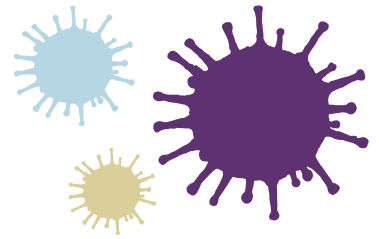
Class(es):

Time:

Location:

- Children will only be given the vaccine if consent has been received.
- The vaccine is needle-free. It is given as a nasal spray squirted up each nostril and you don't need to sniff or breathe it in.
- If you are worried about anything, speak to a nurse or teacher.
- It's important to tell the nurse if your child:
 - has ever had a severe allergic reaction to eggs or egg protein, has severe asthma or a weakened immune system.
 - lives with someone with a very weakened immune system.
 - is feeling unwell.
 - wishes to disclose other medical information.
- After the vaccination your child can get on with the rest of the school day as usual. Don't worry if they sneeze, or have a bit of a runny nose afterwards, this is normal.
- If you get side-effects, talk to your doctor, pharmacist or nurse. This includes any possible side-effects not listed in the package leaflet. You can also report side-effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. Side-effects can also be reported to AstraZeneca by visiting <https://aereporting.astrazeneca.com>. By reporting side-effects, you can help provide more information on the safety of this medicine.

If you would like more information about this vaccine please talk to a nurse, your doctor or other healthcare professionals.



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