

September 2017

Dear Parent/Guardian,

The school nursing team will visit your child's school on ..... to offer a **nasal spray flu vaccine** to all the children in your child's school year.

The vaccine is recommended to help protect your child against influenza (flu).

Children can be very ill with flu, even those who are normally fit and well, and some will need hospital treatment for serious complications. Vaccinating your child will also help protect vulnerable family and friends by preventing the spread of flu.

Since the children's flu vaccination programme was introduced most children offered the vaccine in school have had the immunisation each year.

**A consent form and an information leaflet is included with this letter. To help make sure the vaccine is suitable for your child please take time to read the information and return the completed consent form to school as soon as possible.**

For a full list of the vaccine ingredients visit: [www.medicines.org.uk/emc/](http://www.medicines.org.uk/emc/) and enter the name of the vaccine (*Fluenz Tetra*) into the search box.

For a small number of children the nasal spray vaccine may not be suitable\*. If this is the case for your child you will be contacted and advised to take your child to their GP surgery for an alternative flu vaccine.

Also, you may be aware that measles is circulating in Europe with a local Welsh outbreak. It's important to ensure your child has had two doses of Measles Mumps Rubella (MMR) vaccine. Please contact their GP if you are unsure or to arrange MMR vaccine.

If you would like more information about flu and other vaccinations for children, please contact your school nurse, or telephone NHS Direct Wales on 0845 46 47, or visit [www.nhsdirect.wales.nhs.uk/immunisations](http://www.nhsdirect.wales.nhs.uk/immunisations).

**Help keep your child well this winter, make sure they have their flu vaccine and are up to date with MMR vaccination.**

Yours faithfully

Nurse/Consultant

**If your child becomes wheezy or has their asthma medication increased after you return the consent form, please contact the school nursing team on [phone number].**

\* There are a very small number of children who should not have the nasal flu vaccine, this includes children who: have severe asthma taking high dose inhaled steroids; have had a recent course of oral steroids; have been wheezy or needed to use their reliever inhaler more often in the previous 3 days; have previously required intensive care for a severe allergic reaction to eggs; have a weakened immune system; or are in close contact with someone who has a severely weakened immune system (nursed in a protective environment).

Medi 2017

Annwyl Riant/Gwarcheidwad,

Bydd y tîm nyrsys ysgolion yn ymweld ag ysgol eich plentyn ar ..... i gynnig **brechiad y fflw drwy chwistrell trwyn** i'r holl blant ym mlwyddyn ysgol eich plentyn.

Argymhellir y brechiad i helpu i warchod eich plentyn rhag y fflw.

Mae plant yn gallu bod yn sâl iawn gyda'r fflw, hyd yn oed plant iach a heini fel arfer, a bydd rhai angen triniaeth yn yr ysbyty ar gyfer cymhlethdodau difrifol. Hefyd bydd brechu eich plentyn yn helpu i warchod teulu a ffrindiau agored i niwed drwy atal lledaeniad y fflw.

Ers cyflwyno rhaglen brechiad y fflw i blant, mae'r rhan fwyaf o'r plant sydd wedi cael cynnig y brechiad yn yr ysgol wedi cael eu himiwneiddio bob blwyddyn.

**Mae ffurflen ganiatâd a thaflen wybodaeth wedi'u cynnwys gyda'r llythyr hwn. I helpu i wneud yn siŵr bod y brechiad yn addas i'ch plentyn, darllenwch y wybodaeth a dychwelwch y ffurflen ganiatâd wedi'i llenwi i'r ysgol cyn gynted â phosib.**

Am restr lawn o gynhwysion y brechiad, ewch i: [www.medicines.org.uk/emc/](http://www.medicines.org.uk/emc/) a nodwch enw'r brechiad (*Fluenz Tetra*) yn y bocs chwilio.

Ni fydd brechiad drwy chwistrell trwyn yn addas i nifer bach o blant efallai\*. Os yw hyn yn wir am eich plentyn chi, byddwn yn cysylltu â chi ac yn eich cynghori i fynd â'ch plentyn i'ch meddygfa am frechiad fflw gwahanol.

Hefyd, efallai y byddwch yn gwybod bod y frech goch yn cylchredeg yn Ewrop gydag achosion lleol yng Nghymru. Mae'n bwysig sicrhau bod eich plentyn wedi cael dau ddogn o'r brechiad ar gyfer y Frech Goch, Clwy'r Pennau a Rubella (MMR). Cysylltwch â'r meddyg teulu os ydych chi'n ansicr neu i drefnu brechiad MMR.

Os hoffech ragor o wybodaeth am fflw a brechiadau eraill i blant, cysylltwch â'ch nyrs ysgol, neu ffoniwch Galw Iechyd Cymru: 0845 46 47, neu ewch i [www.nhsdirect.wales.nhs.uk/immunisations](http://www.nhsdirect.wales.nhs.uk/immunisations)

**Helpwch i gadw eich plentyn yn iach y gaeaf hwn. Gwnewch yn siŵr eu bod yn cael y brechlyn fflw a bod eu brechiad MMR yn gyfredol.**

Yn gywir

Nyrs / Ymgynghorydd

**Os bydd brest eich plentyn yn gwichian neu os bydd ei feddyginiaeth asthma'n cael ei chynyddu ar ôl i chi ddychwelyd y ffurflen ganiatâd, cysylltwch â thîm nyrsys yr ysgol ar [rhif ffôn].**

\* Mae nifer bach iawn o blant na ddylai gael brechiad y fflw drwy chwistrell trwyn ac mae hyn yn cynnwys plant sydd: ag asthma difrifol ac yn cymryd dos uchel o steroids sy'n cael eu mewnanadlu; wedi cael cwrs diweddar o steroids drwy'r geg; wedi bod â'u brest yn gwichian neu angen defnyddio eu mewnanadlydd lleddfu'n amlach yn ystod y tridiau blaenorol; wedi bod angen gofal dwys yn flaenorol ar gyfer adwaith alergig difrifol i wyau; â system imiwneidd wannach; neu mewn cysylltiad agos â rhywun sydd â system imiwneidd ddifrifol wan (yn cael ei nyrsio mewn amgylchedd gwarchodol).