

Flu vs the common cold

The main symptoms of flu and the common cold can be similar, so it can be difficult to tell them apart based on symptoms alone.⁹ They are actually caused by different viruses, and in general flu is worse than the common cold with more intense symptoms, while colds are usually milder.⁹ Children with flu will not have the energy to play and will want to stay in bed more than normal.¹⁰ Someone with a cold is more likely to have a runny or stuffy nose.⁹

SIGNS & SYMPTOMS	FLU	COLD
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
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: Centers for Disease Control and Prevention, Is it a cold or flu?⁹

Colds do not generally cause serious health problems.⁹ With flu, however, beyond the symptoms in the table above, in some children serious complications can include painful ear infection, acute bronchitis and pneumonia.^{5,11}

Nasal spray flu vaccine protection for your child

The nasal spray flu vaccine for children has been well tolerated by most children but some may experience side effects.¹² For more detailed information about side effects, please see www.sharegoodtimesnotflu.co.uk.

If you get any 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. By reporting side effects you can help provide more information on the safety of this medicine.

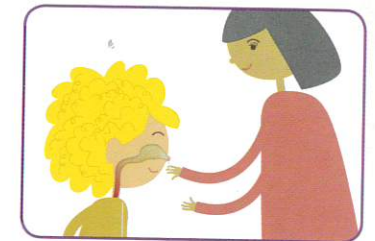
How this vaccine is given¹³



A nurse or doctor places the tip of a thin plastic tube inside the nostril.



A mist of tiny droplets is sprayed into the nose.

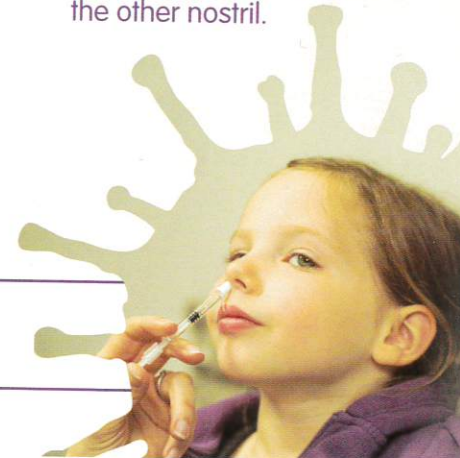


Then they do the same for the other nostril.

If a child is not eligible for the nasal spray flu vaccine, they may be offered an alternative injectable vaccine.¹⁻⁴

www.sharegoodtimesnotflu.co.uk

IT'S A SPRAY NOT A JAB¹³



Why protect your child against flu?

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.^{5,6}

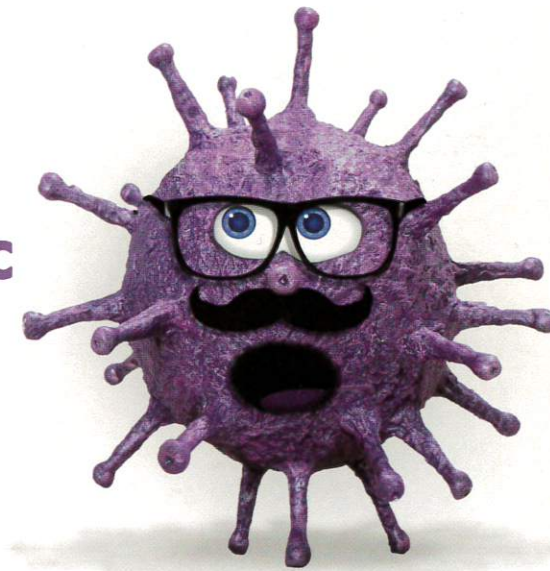
A study has shown that children under 5 are more likely to be admitted to hospital with flu than any other age group.^{5,7}

Children are very good at spreading flu – it can spread from child to child and within families.^{5,8}

By vaccinating your child against flu you help protect them, and make it much harder for the flu virus to spread.⁵



VIJAY



VIC



VIOLET

**HAVE YOU BOOKED AN
APPOINTMENT FOR YOUR CHILD?**