

Understanding Porcine Gelatine in your child's nasal spray flu vaccine

so that you can make an informed decision

A nasal spray flu vaccine is available for children
aged 2-16 to help protect them from flu

Did you know?



Did you know that children under 5 years old are **5 times** more likely to be hospitalised with flu than adults over 65?

Why is it important to vaccinate children from flu?



The flu vaccine helps protect your child and others around them. The NHS recommends the **nasal spray flu vaccine** because it is a quick, needle-free protection for children against the serious effects of flu.

Why is gelatine used?



The nasal spray flu vaccine contains a small amount of pork gelatine. Gelatine helps stabilise the vaccine when temperatures change.

Scientists have done tests that show the gelatine used in the vaccine is so highly purified, that **no pig DNA** can be detected.

Does the nasal spray flu vaccine go against my faith?



Speak with your faith leader if you are not sure whether the nasal spray flu vaccine is allowed in your religion.

- In 2022, the British Fatwa Council advised that the nasal spray flu vaccine is allowed because of its purity and medical importance
- In Jewish law, porcine gelatine is allowed in products that are not taken by the mouth

Is there an alternative children's flu vaccine that doesn't use gelatine?



There is no other nasal spray flu vaccine, however an **injectable flu vaccine** that does not contain porcine gelatine is available.

If you have questions, talk your school, pharmacy, or GP

You can also visit our website
sharegoodtimesnotflu.co.uk



We also have information
in other languages



If your child gets any side effects, talk to your school or healthcare team. This includes any possible side effects not listed in the package leaflet. You can 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 the medicines.

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