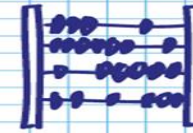


# School Nursing Shout Out



**NHS**  
Central and  
North West London  
NHS Foundation Trust



## Spring Term January – April 2024

**What is a vaccine?** A preparation that is used to stimulate the body's immune response against diseases. Vaccines are usually administered through needle injections, but some can be administered by mouth or sprayed into the nose.

**Why are vaccines important?** It is the best way to protect yourselves and your children against ill health. Vaccines have helped to eradicate many diseases that would kill many people. If people stop having vaccines, it is possible for infectious diseases to spread again.

**How do vaccines work?** Vaccines teach your immune system how to protect your body from disease. It's much safer for your immune system to learn it this way through vaccination than to catch the disease and then build immunity. Immunity from vaccines can last a very long time.

**Are vaccines safe?** Yes! All vaccines are thoroughly tested and normally takes years for approval. Once a vaccine is used in the UK it is monitored very closely. Talk to your GP about side effects.

**MMR vaccine protects against Mumps, Measles and Rubella.** Measles spreads easily and can cause serious illnesses including pneumonia and meningitis. Mumps spreads easily and in rare cases can cause serious illnesses including meningitis. Rubella can make your child feel very unwell and if they come into contact with someone who is pregnant, there can be complications for the unborn baby.

**NHS information on routine childhood vaccinations:**

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

*Did you know... All children in the UK are offered routine childhood vaccinations, it is free with the NHS*

*Did you know... London has significantly lower rates of routine childhood vaccinations than other regions and this was made worse by the pandemic.*

The 2<sup>nd</sup> dose MMR vaccine and the 4-in-1 pre school booster is routinely given at 3 years and 4 months old. The MMR (2<sup>nd</sup> dose) & 4-in-1 booster further increases protection your child already has from the vaccines they were given as a baby. The 4-in-1 booster offers protection against: Diphtheria, tetanus, whooping cough and polio.

**Please check your child's red book or ask your GP to see if they are up-to-date with their vaccinations. If they are missing any vaccinations then please contact your GP and arrange an appointment!**

*All primary school aged children are offered a flu nasal spray vaccine. This will take place in your child's school. It's given as a squirt up each nostril, the vaccine works even if your child has a runny nose or cold. If your child has missed their flu nasal spray vaccine, please contact the immunisation team to book an appointment at their seasonal catch-up clinic. Tel: 01895 485740*



Contact your local school nurse team for any questions or support:

**TELEPHONE:** 01895 891 302

**EMAIL :** [cnw-tr.hillingdonchildrencc@nhs.net](mailto:cnw-tr.hillingdonchildrencc@nhs.net)

**WEBSITE :** [www.hillingdoncyp.cnwl.nhs.uk/](http://www.hillingdoncyp.cnwl.nhs.uk/)