

Marple Cottage Surgery & Guywood Practice

Marple Cottage Surgery

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Guywood Practice

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1 September 2025

Dear Parent / Guardian,

Flu Nasal Spray Vaccination

We are writing to invite your child, as they are aged 2 to 3 years of age, to attend for their Nasal Spray vaccination to help protect them against the influenza virus.

Children can catch and spread flu easily. Flu can be very unpleasant for children, and whilst it is generally a mild disease, it can on occasion cause serious problems, such as pneumonia. During Winter in recent years, thousands of children without health conditions need hospital care because of flu.

The vaccine, called Fluenz, is recommended for children and is given to stop them catching the influenza virus. It is given as a spray up both nostrils – it is painless and works by getting the body's immune system to block the virus before it can get into the body, so stopping any chance of infection.

Fluenz is a live vaccine made from highly weakened live viruses - as a consequence it can occasionally cause a runny nose and a minor fever that comes on within 24 - 48 hours of vaccination and lasts a day or two.

One additional benefit of Fluenz is that it also reduces the likelihood of influenza spread to others such as babies, anyone who's pregnant and older people, including yourselves and others, for example, Grandparents, and those with a weakened immune system (immunosuppression).

You can book now via NHS App, text message booking link, or by calling the Practice.

NHS App

The NHS App allows you to book appointments, order repeat prescriptions, view your medical records and test results, and contact the practice online. We do strongly encourage that you register for the NHS App and it is a quick and efficient way for you to book appointments and contact the practice rather than having to wait on the telephone. If you would like to register for the NHS App, please visit www.nhs.uk/NHSAApp or ask a member of the Practice Team for more information.

We look forward to hearing from you soon.

Yours sincerely

Dr Maher Al-Ausi
GP Partner

Dr Samantha Wise
GP Partner