Stiúrthóir um Náisiúnta Chosaint Sláinte Poiblí
FSS An Oifig Náisiúnta um Chosaint Sláinte
25 - 27 Sráid Ghairdinéir,
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Protect yourself and others this flu season

1. Winter Flu Alert

- **Flu rates are rising. We expect very high levels over the Christmas/New Year period.**
- This increases the risk of illness and complications, especially for vulnerable children and adults.
- Over the past ten years, around 5,000 children have been hospitalised because of complications of flu infection. Of these, around 200 required care in an intensive care unit (ICU). Sadly 40 children died.
- But we have an effective vaccine which can prevent serious complications of infection.

2. Children are encouraged to get the flu vaccine. Leaflet in English | Irish

- A **nasal spray flu vaccine** is strongly recommended for all children aged **2 to 17 years** and is available from the HSE **free of charge**.
- Vaccination helps protect children from flu and its complications, and reduces transmission in schools and communities.
- Vaccines are available through **HSE school-based vaccination teams, GPs and community pharmacies**.

3. Hygiene and stay-at-home guidance

- New HSE webpage provides clear advice on knowing if your child is well enough to go to school or childcare.
- **Key hygiene** measures include:
    - *Washing hands regularly.*
    - *Covering coughs and sneezes.*
    - *Staying at home if you have flu-like symptoms.*