



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

September 2020

Dear Parent/Guardian,

Please keep this letter as it contains the date of the session and contact details for the school nurse.

The school nursing team will visit your child's school on **17/11/2020** to offer a **nasal spray flu vaccine** to all the children in your child's school year. Your child probably received this vaccine last year in school or if they were younger at their GP surgery.

**A consent form and an information leaflet will be sent to you via your child's school.**

1. Please read the information sheet about the flu vaccine so you are aware of what is being offered to protect your child.
2. Then complete the form stating that you either agree to vaccination or you do not agree to vaccination.
3. **Return the form in the envelope to the school to inform the school nurse of your decision as soon as possible. This will help the school nurse make the necessary arrangements**
4. To help make sure the vaccine is suitable for your child please take time to read the information.

Help keep your child well this winter, make sure they have their flu vaccine. This year efforts are being made to significantly increase flu vaccination coverage and achieve a higher uptake across all children in primary schools. Visit the website: [www.beatflu.org](http://www.beatflu.org) and also the Patient Information Leaflet: [www.medicines.org.uk/emc](http://www.medicines.org.uk/emc) and type in Fluenz.

**After you have returned the consent form to the school, if anything changes with your child's health before the vaccination session or your child becomes wheezy or their asthma medication increases, please contact the school nursing team on the number below.**

Yours faithfully

**School Nurse: Anne-Marie Mcintyre**

**Contact No: 03000 859540 / 01244 677691**

**[BCU.ImmunisationTeamEast@wales.nhs.uk](mailto:BCU.ImmunisationTeamEast@wales.nhs.uk)**

\* There are a very small number of children who should not have the nasal flu vaccine, this includes children who: have severe asthma taking high dose inhaled steroids; have had a recent course of oral steroids; have been wheezy or needed to use their reliever inhaler more often in the previous 3 days; have previously required intensive care for a severe allergic reaction to eggs; have a weakened immune system; or are in close contact with someone who has a severely weakened immune system (nursed in a protective environment).

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Medi 2020

Annwyl Riant/Warcheidwad,

Cadwch y llythyr hwn, oherwydd mae'n cynnwys dyddiad y sesiwn a manylion cyswllt ar gyfer y nyrs ysgol.

Bydd y tîm nyrsio ysgol yn ymweld ag ysgol eich plentyn ar **17/11/2020** i gynnig **brechiad ffliw chwistrell trwyn** i holl blant blwyddyn eich plentyn yn yr ysgol. Mae'n debyg bod eich plentyn wedi derbyn y brechiad hwn y llynedd yn yr ysgol, neu os oedd yn rhy ifanc, yn eich meddygfa.

**Anfonir ffurflen gydsynio a thaflen wybodaeth atoch trwy ysgol eich plentyn.**

1. Darllenwch y daflen wybodaeth am y brechiad ffliw fel eich bod yn ymwybodol o'r hyn sy'n cael ei gynnig i ddiogelu'ch plentyn.
2. Yna, cwblhewch y ffurflen, gan nodi eich bod un ai'n cytuno neu'n anghytuno i dderbyn y brechiad.
3. **Dychwelwch y ffurflen yn yr amlen i'ch ysgol i hysbysu'r nyrs ysgol o'ch penderfyniad cyn gynted â phosibl. Bydd hyn yn helpu'r nyrs ysgol i wneud y trefniadau angenrheidiol**
4. I'n helpu i sicrhau bod y brechiad yn addas i'ch plentyn, darllenwch yr wybodaeth yn ofalus.

Helpwch i gadw'ch plentyn yn iach y gaeaf hwn, sicrhewch ei fod yn derbyn brechiad ffliw. Eleni, rydym yn ymdrechu i gynyddu y cwmpas brechu rhag y Ffliw yn sylweddol gan annog niferoedd uwch ymhob oedran o fewn ysgolion cynradd. Ewch i [www.curwchffliw.org](http://www.curwchffliw.org) a hefyd y daflen wybodaeth i gleifion yn [www.medicines.org.uk/emc](http://www.medicines.org.uk/emc) a theipiwch Fluenz.

**Ar ôl i chi ddychwelyd y ffurflen gydsynio i'r ysgol, os bydd unrhyw beth yn newid o ran iechyd eich plentyn cyn y sesiwn frechu, neu os bydd anadl eich plentyn yn gwichian neu ei feddyginiaeth asma yn cynyddu, cysylltwch â'r tîm nyrsio ysgol ar y rhif isod.**

Yn gywir

**Nyrs Ysgol: Anne-Marie McIntyre**

**Rhif cyswllt: 03000 859540 / 01244 677691**

**[BCU.ImmunisationTeamEast@wales.nhs.uk](mailto:BCU.ImmunisationTeamEast@wales.nhs.uk)**

\* Mae nifer bach iawn o blant na ddylai gael brechiad y ffliw drwy chwistrell trwyn ac mae hyn yn cynnwys plant sydd: ag asthma difrifol ac yn cymryd dos uchel o steroids sy'n cael eu mewnanadlu; wedi cael cwrs diweddar o steroids drwy'r geg; wedi bod â'u brest yn gwichian neu angen defnyddio eu mewnanadlydd lleddf'u'n amlach yn ystod y tridiau blaenorol; wedi bod angen gofal dwys yn flaenorol ar gyfer adwaith alergig difrifol i wyau; â system imiwnedd wannach; neu mewn cysylltiad agos â rhywun sydd â system imiwnedd ddifrifol wan (yn cael ei nyrsio mewn amgylchedd gwarchodol).

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