



FLU VACCINATION GUIDANCE

2024/2025

Why is it beneficial to get vaccinated?

- 1 You will help **protect yourself** from the possible severe complications which can be caused by flu. A flu vaccine can reduce the risk of getting sick by around 30-60%, and prevent children being admitted to hospital because of flu. You may still get flu after a vaccine but it is likely to be milder and not last as long.
- 2 Being vaccinated means you can reduce the pressures on healthcare services by lowering GP and A&E attendances and by **reducing hospital admissions**.
- 3 **Reduce the chance of flu outbreaks** and protect the most vulnerable who are at high risk.



What does Islam say?

Islam promotes the idea that the rights upon us extend to the people around us. The Prophetic teachings encourage us to be kind and make us aware that we should consider the implications of our actions. If you are young and healthy, you may not be severely affected by the flu **but you could pass it on to someone who is vulnerable**.

When it comes to choosing whether or not to vaccinate, it is important that we are empowered by the altruistic values our faith gifts us to make an informed and considerate choice



Not vaccinating could put yourself, your children, and others at risk

Do all flu vaccines contain pork gelatine?

No, there are two main types of flu vaccine:

1. The injectable vaccine **DOES NOT** contain porcine (pork) derived product and is **offered to adults**.
2. The nasal spray vaccine offered to children **DOES** contain porcine derived product.

Can Muslim parents choose which vaccine their child gets?

Yes, parents can choose to have the same injectable flu vaccine that is given to adults for their children, on the basis of religious objection. When asked to sign a consent form, let your vaccination service know your choice is because of the porcine gelatine in the nasal spray vaccine. The more we get vaccinated, the more we can ask for medical products which are free from porcine gelatine.

Most children are offered the nasal spray vaccine which is easier to administer and it may be better at preventing the spread of flu. Ask your doctor for further details so your child receives the most suitable vaccine. **Please consult a trusted scholar regarding permissibility as Islamic scholarly opinions differ.**

Where can I get a flu vaccine?

The flu vaccine should be available in schools, GP surgeries, pharmacies and other venues your local health team may advertise. **Those most at risk from flu are children, older adults (aged 65+) and pregnant women.** Don't miss out.

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