

'Top Tips' for the Flu Vaccination and Pupils with ASD

- Use simple and minimal language to communicate what will happen. Be clear and concise so pupils know exactly what to expect. Supplement this with the use of visuals.
- Support the pupil by using the same visual supports that they are used to (E.g. Now/ Next, First/ Then) and make the activity after the vaccination a favourable one!
- Plan and prepare for pupils individually. Do they need to be one of the first pupils to have the vaccination to reduce their anxiety? Or would they prefer to watch others have the vaccination first?
- Think about any reasonable adjustments that can be made to make them feel more comfortable. (E.g. Take a cuddly toy with them, have their vaccination in a small room away from the noise and busyness of a crowded hall, use of sensory supports during the vaccination, deliver the vaccination in their safe space etc...)
- A Social Story might help to prepare the pupil about what to expect and why flu vaccinations are important. This could be looked at in the weeks prior to the vaccination team arriving at your school.
- Prepare pupils for the flu vaccination by watching the short Flu Heroes video at <https://www.nhs.uk/Video/Pages/flu-heroes-nasal-flu-spray-for-kids.aspx> You could demonstrate what to

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expect using a placebo nasal spray too. (Contact the Community Immunisation Service about this.)

- Pass on important information and key messages about pupils to the Immunisation Team before and during their visit to your school.
- Allow key workers, 1:1 support or familiar adults to accompany pupils who you know are anxious about the process. Alternatively, it might be advisable for parents/ carers to be present for their child nasal spray vaccination. (The Immunisation Service encourages this where appropriate.)
- Communicate important information to parents/ carers well in advance so that they know what paperwork they have to complete and when as well as allowing them to help prepare their child about what to expect on the day that the team will be visiting your setting.
- If staff at your school or the parents/ carers of one of your pupils has any concerns, queries or questions regarding the flu vaccination nasal spray and how this is administered, the Community Immunisation Service are happy to discuss these. Contact information is available at:

<http://www.leicspart.nhs.uk/OurServicesAZ-CommunityImmunisationService.aspx>