

PATIENT INFORMATION**PAEDIATRIC DIABETES –
Flu Vaccine**

Flu Vaccine

Influenza, or 'flu', is a contagious viral infection that affects people of all ages. It starts suddenly with:

- fever
- chills
- headache
- aching muscles
- cough or other respiratory symptoms.

Why do I need a flu jab?

Children and young people with diabetes are more at risk of complications as a result of infections such as flu. High blood glucose levels associated with any virus or infection, can lead to uncontrolled diabetes and [diabetic ketoacidosis \(DKA\)](#).

Flu is more than just a heavy cold. It can make you unwell for around two weeks, causing blood glucose levels to fluctuate wildly, but can also cause things like pneumonia. Having the flu vaccination will help prevent this. Antibiotics will not help as flu is a virus, which does not respond to antibiotics.

How do I get vaccinated?

Normally you'll get a letter from your GP offering the vaccine. If you don't receive this - call the surgery and make an appointment. Some schools also offer the vaccine yearly.

The flu vaccine isn't going to stop you getting a cold - it's designed to protect you against the most common strain of flu. You may sometimes feel "mildly unwell" following a vaccine.

The flu virus changes or mutates frequently. Every year a vaccine is produced based on the strains of the virus expected to be circulating- which means you need to have the vaccine again each winter to remain protected

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.