who react to the vaccination should all be managed in the same way. If they have a high temperature and are distressed, you can give sugar-free paracetamol or ibuprofen syrup or tablets (read the dosage instructions on the leaflet/packet carefully). This should help your child to feel more comfortable. Avoid taking ibuprofen if your child had reacted to it in the past or has asthma triggered by ibuprofen.

- You must report unexpected or worrying symptoms to your GP or another health care professional.
- You should monitor your child’s blood glucose levels more frequently for a few days as the levels are likely to rise. Your child will possibly need additional insulin (higher dose/corrections of extra rapid acting insulin) for the levels to return to normal.
- If necessary you should contact your diabetes team for advice.

**Contact details**

**Children’s diabetes nurses helpline**
01823 343666
Monday to Friday, 9am-5pm
This number has an answerphone facility - we cannot guarantee a same day response
E-mail: childrensdiabetes@tst.nhs.uk

**Consultant Paediatrician**
01823 342216
Monday to Friday 9am-5pm – via secretary

**Oak Ward**
01823 342016
For urgent advice, evenings and weekends, please ask for ‘on-call’ paediatric registrar

**Further information**

https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/
www.jdrf.org.uk/information-support/living-with-type-1-diabetes/health-and-wellness/sickness/
Immunisation and vaccination advice for children with diabetes

Immunisation is the process of protecting people against harmful infections before you come into contact with them, using the body's natural defence system (the immune system). When you are immunised you are given a vaccine, usually by injection and which usually contains a live but weakened (attenuated) or an inactivated form of the virus or bacteria.

This leaflet explains what is needed and how best to manage them when your child has diabetes.

Your child’s health immunisation programme

Children with diabetes should follow the normal childhood immunisation programme, before and during their time at school. Some vaccines are recommended in addition for children with diabetes. Occasionally there are special reasons why some children cannot have some immunisations but there are no reasons to avoid vaccines because of diabetes. Please ask your diabetes team, GP or health visitor if you are unsure or have concerns about any particular vaccine.

Travel vaccinations

People with diabetes travelling abroad should be vaccinated against whatever is recommended for the region of travel. Your GP surgery can provide the necessary information and vaccinations.

Influenza (flu) vaccination

Influenza is highly infectious. Of the three types of influenza virus, types A and B are responsible for most of the normal clinical symptoms (fever, chills, headache, aching muscles, cough, breathing difficulties). Most people recover within two weeks without complications.

Antibiotics are not an effective treatment for flu as they do not work against viruses. The flu virus mutates (changes) regularly. For this reason the vaccination has to be repeated each year based on the strains of the virus expected to be circulating at the time. It is given by injection or nasal spray depending on the child's age. The flu vaccine is not 'live' and cannot give you flu.

Immunity can take up to two weeks to become effective, therefore, some people may develop the illness after being vaccinated if the virus is already incubating in their system.

Children with diabetes are not necessarily more likely to catch flu, but if they do it can have implications for the management of their diabetes (glucose control in particular). They are at higher risk of complications, so flu vaccination is recommended annually.

- Flu vaccination can be given from six months of age if necessary
- From September each year children can be vaccinated at their GP practice/health centre and many will be offered at school. The vaccination is free. You should be notified between September and December. Contact your surgery and ask for the flu vaccination if you are not notified by the end of October
- When having the vaccine for the first time, children have two vaccinations, a month apart

Pneumococcal vaccination

Pneumococcus is a bacterium which causes serious conditions like meningitis, pneumonia and infections of the blood and ear. Babies receive this vaccination at eight weeks 16 weeks and one year of age, as part of the childhood vaccination programme. If your child is over two months old and has not had the pneumococcal vaccination, it should be offered at the same time as the flu vaccine (as a one-off vaccine). We strongly recommend this. It is perfectly safe to have the two vaccines together. Your child cannot get the disease from the vaccine.

Observing my child after their immunisation or vaccine

- For a few days avoid injecting insulin near the vaccination site as it is likely to feel sore or tender and red or swollen
- Children with or without diabetes