



**Aboriginal
Health Council**
of Western Australia



FluMist - Parent and Caregiver Resource

2026 WA Health Influenza Immunisation Program

What is the flu?

Influenza (the flu) is not just a bad cold.
It can cause:

- ▶ fever
- ▶ cough
- ▶ body aches
- ▶ trouble breathing

Some children can get very sick and may
need to go to hospital.



How is the flu spread?

The flu can spread easily to other mob by coughs, sneezes, and by touching things that flu germs have landed on. Getting vaccinated is the best protection from the flu.



What is FluMist?

FluMist is a vaccine that is sprayed into the nose instead of a needle in to the arm.

It helps protect children from getting sick with the flu.

If kids still get the flu, it makes the sickness less severe.

FluMist **cannot** give your child the flu.

Who is it for?

FluMist is **free for children aged 2 to 11 years old.**

Kids in this age group are good at spreading the flu sickness to other mob!

Your doctor or nurse will let you know if it's right for your child.



How does it work?

With FluMist, protection from the flu starts in the nose and then builds up around the body.

Two weeks after the vaccine is given, your child will have protection in their body ready to fight the flu sickness.



Is FluMist safe?

Yes. FluMist has been safely used in many countries since 2003.

Are there side effects?

Some children might have mild side effects like:

- ▶ Runny or blocked nose
- ▶ Mild fever
- ▶ Feeling a bit tired

These usually go away quickly.



When should my child get it?

It's best to get the flu vaccine before winter, when flu starts spreading.

Where can I get FluMist for my child?

Ask about FluMist at your local doctor (GP) clinic, Aboriginal Medical Service (AMS), pharmacy or community health clinic.



Who should NOT have FluMist?

- ▶ Children who have had a severe allergic reaction (anaphylaxis) to a flu vaccine in the past.
- ▶ Children who have had a severe allergic reaction (anaphylaxis) to any part of a flu vaccine.
- ▶ Children with immunosuppression (moderate to severe)
- ▶ Children taking aspirin



If you think your child may need a different flu vaccine, talk to your health clinic staff to make sure FluMist is the right choice.

Giving your child the flu vaccine helps protect your child, your family, Elders, people who can't have vaccinations, those living with other sicknesses, and your community.

For more information, ask at your local clinic or go to the links below:



NCIRS FAQ



Healthy WA



SKAI



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