

Flu Nasal spray Information

Here is a short animation prepared by Public Health Wales that you may also like to share along with the message or show to children ahead of the visit from our school nurses:

- Beat Flu: an explainer film for children (English with Subtitles) - https://www.youtube.com/watch?v=J_KU5s1So9o
- Curwch Ffliw: ffilm eglurach i blant (Cymraeg gydag isdeitlau) - <https://www.youtube.com/watch?v=RdIKa2K0ecw>

Many thanks, Alexandra Williams-Fry, Senior Communications Officer, Hywel Dda UHB

The Hywel Dda School Nursing Team will be visiting our school on **November 26th** to deliver this year's flu nasal spray for children aged 4-11. Could all parents please complete the form to let the team know if your child will or won't be receiving the nasal spray, sign and return to the school as soon as possible

Protecting your child's health and the health of those around them is more important than ever and children getting their flu vaccine is a key part of this.

Your child's safety is of paramount importance. The school nurses will deliver the flu nasal spray in your child's bubble and will wear full personal protective equipment (PPE) with aprons and gloves changed between each child.

The nasal spray flu vaccine is very safe for children and is one of the best ways to protect your child from catching or spreading flu. For more information please read the children's nasal spray information leaflet available here <https://phw.nhs.wales/services-and-teams/beat-flu/resources/beat-flu-leaflets/bf-children-dl-leaflet-bilingual-pdf/>

NB: If your child was aged 2 or 3 on 31 August 2020, they will receive their flu nasal spray from your GP practice and not from the school nursing team at school.

Chwistrell Ffliw

Mae yna animeiddiad byr wedi'i baratoi gan Iechyd Cyhoeddus Cymru y gallwch ei rannu ynghyd â'r neges neu ei ddangos i blant cyn yr ymweliad gan ein nyrsys ysgol:

- Beat Flu: ffilm i blant yn esbonio'r chwistrell (Saesneg gydag Is-deitlau) - https://www.youtube.com/watch?v=J_KU5s1So9o
- Curwch Ffliw: ffilm i blant (Cymraeg gydag is-deitlau) - <https://www.youtube.com/watch?v=RdIKa2K0ecw>

Diolch yn fawr, Alexandra Williams-Fry, Uwch Swyddog Cyfathrebu, Bwrdd Iechyd Prifysgol Hywel Dda

Bydd Tîm Nyrsio Ysgol Hywel Dda yn ymweld â'n hysgol ar Dachwedd 26ain i ddarparu chwistrell ffliw trwyn ar gyfer plant 4-11 oed. A allai pob rhiant lenwi'r ffurflen i roi gwybod i'r tîm a fydd eich plentyn yn derbyn y chwistrell trwynol, ei lofnodi a'i ddychwelyd i'r ysgol cyn gynted â phosibl

Mae amddiffyn iechyd eich plentyn ac iechyd y rhai o'u cwmpas yn bwysicach nag erioed ac mae plant sy'n cael eu brechlyn ffliw yn rhan allweddol o hyn.

Mae diogelwch eich plentyn o'r pwys mwyaf. Bydd nyrsys yr ysgol yn rhoi y chwistrell ffliw trwyn yn swigen eich plentyn a byddant yn gwisgo offer amddiffynnol personol llawn (PPE) gyda ffedogau a menig wedi'u newid rhwng pob plentyn.

Mae'r brechlyn ffliw chwistrell trwynol yn ddiogel iawn i blant ac mae'n un o'r ffyrdd gorau o amddiffyn eich plentyn rhag dal neu ledaenu ffliw. Am ragor o wybodaeth darllenwch y daflen wybodaeth chwistrellu trwynol i blant sydd ar gael yma <https://phw.nhs.wales/services-and-teams/beat-flu/resources/beat-flu-leaflets/bf-children-dl-leaflet-bilingual> -pdf /

DS: Os oedd eich plentyn yn 2 neu 3 oed ar 31 Awst 2020, bydd yn derbyn ei chwistrell trwyn ffliw gan eich meddygfa ac nid gan dîm nyrsio'r ysgol yn yr ysgol.