

# FLU VACCINATION GUIDANCE DURING COVID-19

## Why is it essential to get vaccinated?

- 1** You will protect yourself from the possible severe complications which can be caused by flu. This could also be more serious whilst COVID-19 is circulating which can cause severe and life threatening conditions.
- 2** Being vaccinated means you can reduce the pressures on healthcare services during a possible second wave of COVID-19.
- 3** Reduce the chance of flu outbreaks and protect the most vulnerable who are at high risk.



## What does Islam say?

Islam promotes the idea that the rights upon us extend to the people around us. The prophetic teachings encourage us to be kind and make us aware that we should consider the implications of our actions.

When it comes to choosing to vaccinate, it is important that we are empowered by the altruistic values our faith gifts us to make an informed and considerate choice.



**Not vaccinating puts yourself, your children and others at risk.**

## Do all flu vaccines contain pork gelatine?

No, there are two main types of flu vaccine:

- The injectable vaccines **DO NOT** contain pork products and is offered to adults.
- The nasal spray vaccine (Fluenz Tetra) offered to children **DOES** contain pork product.

## Can Muslim parents choose which vaccine their child gets?

Yes, parents can choose to have the same injectable flu vaccine that is given to adults for their children, on the basis of religious objection. When asked to sign a consent form, let your vaccination service know your choice is because of the pork content in the nasal spray vaccine Fluenz. The more we get vaccinated, the more we can lobby for halal medical products. The non-pork alternative should be available in November (subject to local availability).

If your child has a pre-existing illness your doctor may advise giving the nasal spray vaccine (Fluenz) because it protects against more flu viruses. Ask your doctor for further details so your child receives the most suitable vaccine. Please consult a trusted scholar regarding permissibility as Islamic scholarly opinions differ.

## Where can I get a flu vaccine?

The flu vaccine should be available in schools, GP surgeries, pharmacies and other venues your local health team may advertise. You may be offered a flu vaccine to protect you even if you have never had one, because this winter, the flu vaccine will be made available by the NHS to more people than ever before. Don't miss out.

