

FluMist Factsheet for parents of 2-17 year-olds

What is FluMist?

FluMist is a nasal spray flu vaccine that helps protect against seasonal flu. FluMist has been used in the UK and USA for over 10 years.

Who can receive FluMist?

Jarjum and young people aged 2-17 years old. FluMist is not suitable for bubs under two years old.

Who should NOT receive FluMist?

Kids aged 2-17 years should not receive FluMist if they are moderately or severely immunocompromised, or taking aspirin. Speak to your doctor or health practitioner if you are not sure.

Benefits of FluMist for jarjum

FluMist is a needle-free option for the flu vaccine, which helps if your young one is scared of needles. Little ones can become seriously ill from flu. Because our young ones can get sick easier, they are more likely to spread the flu to parents, elders, siblings, school, daycare and kindy if they get it.

Annual flu vaccination significantly reduces the risk of severe flu illness especially for jarjum 5 and under.

Evidence shows that vaccinating jarjum reduces flu in adults and older people too.

Possible side effects of FluMist

Most side effects are mild and short lived.

These may include:



Runny or
stuffy nose



Sneezing



Sore throat



Mild fever

When should my jarjum get FluMist?

It's best to get FluMist early in the season. We recommend that you get it as soon as it's available, in April. However, it's not too late to get vaccinated later in the season, even in the middle of winter.

Key takeaways

- FluMist is safe and effective for healthy kids aged 2–17 years.
- It's a needle-free alternative to flu shots.
- Not suitable for children who are moderately or severely immunocompromised, or who take aspirin.
- Annual flu vaccination helps keep kids healthy and can also help keep adults, Elders and people at higher risk of flu healthy too by reducing the spread of the virus.