



Stiúrthóir um Náisiúnta Chosaint Sláinte Poiblí
FSS An Oifig Náisiúnta um Chosaint Sláinte
25 - 27 Sráid Ghairdinéir,
Baile Átha Cliath,
D01 A4A3,
Éire

Director of National Health Protection, Public Health
HSE National Health Protection Office
25-27 Middle Gardiner Street
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RE: ALERT from the HSE regarding current flu season- advice for action now

To: Principals (please share with parents, guardians, and staff)

From: Dr Abigail Collins (National Clinical Lead, Child Health Public Health, HSE),
Dr Augustine Pereira (Winter Resilience Lead, National Health Protection Office),
Dr Éamonn O'Moore (Director of National Health Protection, HSE)

Date: 08th December 2025

Flu rates are surging now, and we expect a challenging flu season over the Christmas/New Year period. **We request now your support in cascading this message for action to parents, guardians and staff.**

HSE Flu season alert – cascaded via schools:

- Flu is circulating widely in our communities. Children are 5 times more likely to catch the flu than adults and it can cause serious illness.
- That is why HSE provide free nasal spray flu vaccine to all children aged 2 to 17 years, available from their GP or pharmacy.
- It is quick and easy and if you get it now, you'll be protected by Christmas.
- Book an appointment today.
- Use our pharmacy finder to find a pharmacy providing children's flu vaccine [here](#).
- Find out more information about the children's flu vaccine for 2 to 17 year olds [here](#).

Please also find attached a **one-page message** for parents, guardians and staff, - '**Protect yourself and others this flu season**'. This may accompany the headline message above or may be a standalone message.

You can also find tips on dealing with infections on our website. [Winter health advice from the HSE for children](#).

We thank you for your support in our efforts to control the spread of infection and protecting vulnerable children and adults through your actions.

Sincerely,

Dr Abigail Collins
IMC No - 404629

Dr Augustine Pereira
IMC No - 421148

Dr Éamonn O'Moore
IMC No - 015507