



**FSS Sláinte Poiblí an Iarthar Láir**  
2ú hurlár Teach Mhoin Cinit,  
Sráid Anraí,  
Co. Luimneach  
V94 KN3N

**HSE Public Health Mid West**  
2<sup>nd</sup> Floor Mount Kennett House,  
Henry Street,  
Co. Limerick  
V94 KN3N

**midwest.hse.ie**  
**@publichealthmidwest**  
T: 061 463 800  
F: 061 405 928

## **Parents urged to avail of free nasal spray flu vaccine for children amid increase in flu cases in Mid West region**

Dear parent/guardian,

Public Health HSE Mid West is appealing to parents to avail of the free nasal spray flu vaccine for their children, as flu cases have doubled in the Mid West region.

HSE Mid West will hold three free, walk-in pop-up clinics for children, aged 2-17 years, in Limerick City, Ennis, and Nenagh over the coming weeks (details below) for parents who may have missed the opportunity with their GP or pharmacy.

The LAIV (Live Attenuated Influenza Vaccine) nasal spray vaccine remains free at **participating GPs and pharmacies** for all children aged 2-17 years.

### **LAIV nasal spray vaccine clinics for children:**

- **South Court Hotel, Raheen:** Saturday, December 21, 10am-3pm
- **Ennis Primary Care Centre:** Monday, December 30, 11am-3pm
- **Tyone Health Centre, Nenagh:** Monday, December 30, 11am-3pm

We are concerned about the rise of flu in the Mid West region in recent weeks. This is why we are encouraging parents to avail of the free nasal spray flu vaccine at our pop-up clinics, or through your GP or pharmacy. It is quick and painless, and it will protect your child against flu during the winter months ahead. Flu is serious, and it can be dangerous and lead to pneumonia and bronchitis in children.

I would like to wish you a Merry Christmas and a very Happy New Year.

Kind Regards,

---

**Dr Mai Mannix**  
**Area Director of Public Health, HSE Mid West**  
**MRN11309**