



Date: July 2025

Dear Parent/Guardian

### Has your child had their pre-school immunisations?

I am writing to encourage you to check that your child is up to date with their immunisations before they start school in September. If your child is aged between three and five years old, they should be up to date with their immunisations before starting school. These pre-school immunisations (also known as vaccinations) will help protect your child against many serious infections, for example, there is currently a large measles outbreak in London.

Now is a good time to catch up with any of the usual immunisations your child may have missed as a baby or toddler. Just ask your GP practice or clinic about catch-up doses. It is never too late to have your child immunised.

### Pre-school vaccines:

Vaccine	How it is given	Details
Diphtheria, tetanus, pertussis (Whooping cough) and polio (4 in 1)	One injection	This is a booster dose of the vaccine your child had as a baby.
Measles, mumps and rubella (MMR)	One injection	This is a second dose of the MMR vaccine. If your child has not had the first dose yet, it should be given now and they should have their second dose one month later. <b><i>A porcine-free vaccine option is also available (please see below).</i></b>
Flu	Nasal spray	This will be given in the autumn/winter by the immunisation team at the school. Children who cannot have the nasal spray for medical or faith reasons will be offered a vaccination by injection.

To make sure that your child is fully protected, contact your GP or Practice Nurse for an appointment. For more information, you can call the free NHS helpline 111 or you can visit these NHS webpage:

- Vaccinations – [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)
- Pre-school booster overview – <https://www.nhs.uk/vaccinations/4-in-1-preschool-booster-vaccine/>
- A guide to pre-school immunisations from two years old until starting primary school – <https://www.gov.uk/government/publications/pre-school-vaccinations-a-guide-to-vaccinations-from-2-to-5-years>

### **Porcine-free Vaccinations:**

The MMR and flu vaccines are also available in alternative versions that do not contain porcine (pig-derived) products. Please see The British Islamic Medical association website for more information. <https://britishima.org/advice/measles-guidance-24/>. The Diphtheria, tetanus, pertussis (DTP) vaccine does not contain any porcine gelatine. If you would like the alternative vaccines, please ask your GP and healthcare provider.

Alongside immunisation, there are other ways in which everyone can help reduce the spread of infections in schools. Here are a few helpful links which you might like to look at to help you and your family learn about what else you can do:

- e-Bug <https://www.e-bug.eu/>
- Health protection in children and young people settings, including education [Health protection in children and young people settings, including education - GOV.UK \(www.gov.uk\)](http://www.gov.uk/government/publications/health-protection-in-children-and-young-people-settings-including-education)
- Health protection in children and young people settings, including education: tools and resources [Children and young people settings: tools and resources - GOV.UK \(www.gov.uk\)](http://www.gov.uk/government/publications/children-and-young-people-settings-tools-and-resources)

I would also like to take this opportunity to wish your child and you a happy, healthy start to school.

Yours faithfully,



Dr Yimmy Chow  
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