



FLU VACCINATION GUIDANCE

A GUIDE TO PROTECTING YOU AND YOUR LOVED ONES THIS WINTER

WHY GET VACCINATED?

Reduced risk of severe flu complications

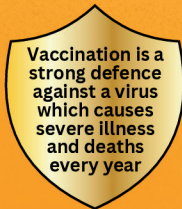
- Flu vaccination lowers risk of getting sick by about **30–60%** and prevents children being admitted to hospital because of the flu.
- You may still get flu after a vaccine but it is likely to be milder and not last as long.

Reduced pressures on healthcare services

- Being vaccinated means you can reduce the pressures on healthcare services by lowering GP and Emergency Department attendances, reducing hospital admissions and by reducing hospital admissions.

Reduced chance of flu outbreaks

- protects the most vulnerable who are at high risk.



BRITISH FATWA COUNCIL ON FLU VACCINE CONTAINING PORCINE GELATINE

- The flu nasal spray is offered to young children & those with conditions like severe asthma, it significantly reduces A&E admissions
- A non-porcine injectable alternative exists, but it is important your child receives one of the two vaccines
- Porcine gelatine shares the same protein structure, properties and appearance as gelatine from other animals, scholars argue its origin becomes irrelevant
- This is not consumption - it is a medical preventative measure, falling under the Islamic principle of **Darurah** (necessity)
- The Quran (Al-Baqara:173) permits what is ordinarily forbidden when there is genuine need, jurists have extended this principle to medical necessity
- The fatwa applies the Fiqh principle of **Istihala** - when a substance is fully transformed, it becomes pure.
- By this same principle, porcine gelatine, once processed and transformed, is likewise considered pure
- **Conclusion: The nasal flu vaccine containing porcine gelatine is permissible (halal) to use**



NOT VACCINATING COULD PUT YOURSELF, YOUR CHILDREN, AND OTHERS AT RISK

WHAT DOES ISLAM SAY?

Islam teaches that our duties extend to those around us

- Even if you are healthy, you may pass on sickness to someone vulnerable
- Making a thoughtful vaccination choice reflects the **compassion** and responsibility encouraged in Islam.

DO ALL FLU VACCINES CONTAIN PORK GELATINE?

No, there are 2 main types of flu vaccines

- ✓ **Injectable vaccine** (adults and children over 6 months) - **DOES NOT** contain pork-derived ingredients
- i** **Nasal spray** (children) - **DOES** contain pork gelatine

CAN MUSLIM PARENTS CHOOSE WHICH VACCINE THEIR CHILD GETS?

- Yes, parents can request the injectable vaccine for their child due to religious reasons.
- Inform your GP that your choice is due to porcine gelatine in the nasal spray.
- The nasal spray vaccine is easier to administer, check the British Fatwa Council on its permissibility.
- Consult a trusted scholar regarding permissibility as Islamic scholarly opinions differ.



WHERE CAN I GET A FLU VACCINE?

Flu vaccines are available in:

- GP Clinics
- Pharmacies

Those eligible under the National Immunisation Program (NIP) for free flu vaccinations include:

- Children 6 months to less than 5 years old
- Older adults aged 65+
- Pregnant women
- Those who are 6 months and older with health conditions who are at higher risk of getting really sick with the flu



For others, flu vaccines are available at a cost.

Protect yourself. Protect others.