Safer to Wait
Protecting Children's Health

The flu vaccine and our children

A call for caution from Safer to Wait

This autumn, the UK government will offer the nasal flu vaccine to all primary and secondary school children.

Flu can be unpleasant, but it is a relatively low-risk and short-lived illness for the majority of us.

Some people are of course more vulnerable to the influenza virus, so particular care must be given to them during the flu season.

We support the use of proven, safe and effective pharmaceuticals when genuinely necessary.
But every medical intervention carries some risk.

We firmly oppose asking children to receive a vaccine to 'protect' other, more vulnerable, groups.
It is not appropriate to use children as a safety shield.

We are also concerned about the creeping normalisation of drug reliance for children,
and the associated dismissal of natural health.

After the clear regulatory failings around the Covid-19 vaccines,
questions are understandably arising about the true safety and efficacy of other vaccines.

Research suggests that the flu vaccine is "inadequate", [1]
and it has also been shown to cause a wide range of negative and serious health effects,
including febrile convulsions, Guillain-Barré syndrome and oculo-respiratory syndrome. [2]

Studies of flu vaccine safety and efficacy are not good enough – as highlighted by Cochrane. [3]
They note that "five children need to be vaccinated to prevent one case of influenza,
although **there is huge uncertainty around these estimates**" (emphasis ours).
They continue: "There is little evidence on prevention of complications [or] transmission".

Tom Jefferson, the lead author of the Cochrane Review on Vaccines for Preventing Influenza in Healthy Children, puts it plainly:
"Influenza vaccines are about marketing and not science". [4]
He adds: "The science is missing and so making an informed decision is very difficult".

A 2016 study showed that Strep A bacteria was "substantially higher in vaccine (flu nasal spray) recipients", [5]
with a 2023 study showing that the vaccine also led to an increase in Strep A infections. [6]
Strep A killed at least 30 children in 2022 in the UK alone. [7]

We believe that supporting children's natural immunity during the autumn and winter months
is the best – and safest – protection against illness.

Safer to Wait's SENSE web page and leaflet suggest some simple ways to do this. [8]

Hundreds of studies have demonstrated that Vitamin D supplementation helps during the months when there is less sunlight,
especially if flu and respiratory infections are a particular concern.
It's effective in reducing the risk of infection and, if infection occurs, reducing viral load, duration and severity of illness. [9] [10] [11]

The average child will have been given a cocktail of pharmaceuticals by the time they're 18
– what are the associated long-term or cumulative effects? Nobody knows.

But we do know that children are sicker
– more allergies, autoimmune disorders, autism, cancers, the list goes on – than ever before. [12]

Until we know exactly why, perhaps a more cautious and restrained approach to the administration of drugs to our children is wise.

Perhaps it's safer to wait?

If you and your child decide not to go ahead with the flu vaccine, you need to make it clear to their school, in writing.
A simple template letter that both of you can sign is at:

https://safertowait.com/wp-content/uploads/2023/09/Flu-vaccine-refusal-letter-for-schools.docx

1. https://www.science.org/content/article/why-flu-vaccines-so-often-fail
2. https://www.sciencedirect.com/science/article/pii/S0264410X20304023
3. https://community.cochrane.org/news/why-have-three-long-running-cochrane-reviews-influenza-vaccines-been-stabilised
4. https://www.theguardian.com/lifeandstyle/2014/oct/05/government-wrong-nasal-spray-vaccine
5. https://pubmed.ncbi.nlm.nih.gov/26742001/
6. https://pubmed.ncbi.nlm.nih.gov/37246259/
7. https://www.bbc.co.uk/news/health-64122989
8. https://safertowait.com/natural-health-kids/
9. https://bmjopen.bmj.com/content/11/10/e055435
10. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2870528/
11. https://pubmed.ncbi.nlm.nih.gov/29315160/

12. Allergies: https://www.nart.org.uk/the-allergy-explosion
Autoimmune disorders: https://pubmed.ncbi.nlm.nih.gov/36446151/
Autism: https://acamh.onlinelibrary.wiley.com/doi/10.1111/jcpp.13505
Cancer: https://www.childrenwithcancer.org.uk/stories/cancer-cases-in-children-and-young-people-up-40-in-past-16-years/

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