



## **AMA SA welcomes needle-free flu vaccines for kids**

**Media Release – 13 April**

**The Australian Medical Association in South Australia (AMA SA) has welcomed the rollout of a new nasal spray influenza vaccine for children aged two to five and is urging parents to speak with their GP about the best option to protect their family.**

AMA SA President Associate Professor Peter Subramaniam said the needle-free option could help improve vaccination uptake among young children.

'We know needles can be frightening for some young children, so this nasal spray vaccine offers a gentler option,' A/Prof Subramaniam said.

'Anything that removes a barrier to vaccination is an important step in keeping children, families and the wider community healthy.'

A/Prof Subramaniam said both injected and nasal spray flu vaccines are safe and effective, with GPs best placed to advise parents on the most appropriate option.

'The nasal spray influenza vaccine has been used overseas since 2003, with millions of doses given to children across Europe and North America,' he said.

'However, there may be circumstances where an injected vaccine is more suitable – for example, for children who are moderately to severely immunocompromised or who have specific allergies.

'That's why it's important for parents – and all patients – to talk with their GP about the right vaccine option for them.

'GPs know their patients' medical history, understand family circumstances and are expertly trained to ask the right questions and provide tailored advice and care.'

So far this year, 1,537 cases of influenza have been reported in South Australia – around 46% fewer than at the same time last year. A/Prof Subramaniam said the lower numbers should not distract from the importance of vaccination.

'The beginning of 2025 was particularly challenging for flu in South Australia, and although cases are lower so far this year, vaccination remains important for all South Australians,' A/Prof Subramaniam said.

'Flu vaccination is not just about individual protection – it plays a critical role in keeping our whole community safer, particularly older people and those with chronic illness.

'When more people are vaccinated, fewer people become seriously unwell, fewer end up in hospital, and pressure on hospital beds is reduced so care is available for others who need it most.'

**For more information please contact Media Manager Ben Terry on 0478 847 604.**

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