

Nasal flu mist brings vaccines home

Each flu season, families look for ways to protect themselves while juggling busy schedules – and for parents of children who fear needles, vaccinations can be especially challenging. This year brings a new, convenient option: **a nasal spray flu vaccine that can be delivered directly to your home.**

According to the manufacturer, *[“FLUMIST is a vaccine that is sprayed into the nose to help protect against influenza in people ages 2 through 49 years.”](#)*

FluMist is now available for home delivery

The ability to order FluMist online marks a major milestone in flu prevention accessibility.

“What’s unique about this year is that there is a nasal mist influenza vaccine that parents can choose to receive at home. They can go through the manufacturer’s website for FluMist, put in their information and it will arrive to their house,” says [Doug Kasper, MD, infectious disease specialist with OSF HealthCare](#). “They can then self-administer nasal spray to their children. This really cuts down on the need to make an appointment in a clinic or relieves anxiety for children who are scared of needles.”

Dr. Kasper adds that this option is particularly helpful for families who previously relied on limited in-store availability.

“My kids don’t like to get shots, so I would get them the nasal mist, but there were only a few carriers in Central Illinois. Sam’s Club has it, so I would take them to the Sam’s Club pharmacy to get it,” he says. “But the big change was that recently they started to make it available by mail order.”

Through the manufacturer’s website, families can enter insurance information, and in many cases the vaccine may be low cost or no cost at all. The process typically takes five minutes or less, and the product arrives on ice, ready for home administration.

How nasal spray vaccines can be a helpful option

Dr. Kasper notes that the mail-order nasal spray represents a shift in how families can approach routine vaccination.

“That’s a much different prerogative for how we’ve approached vaccines in the past. Offering this, instead of having to make an appointment where the parent takes time off work, the child gets anxiety and doesn’t want to go,” he says.

CDC data shows that vaccination access can significantly affect overall flu prevention strategies and community protection.

Helping kids stay healthy – and in school

For school-aged children, vaccination can directly influence attendance and participation in activities.

“I would use the flu nasal mist as a success for what can be offered. This can be very effective within a community to increase flu vaccine rates,” Dr. Kasper says. “For school-aged kids, flu vaccination rates are currently at 50% or less. This correlates with the child’s attendance in school and participation in extracurricular activities. We want those things to be as high as possible, and the strategy to help that is to receive appropriate vaccine.”

Future of nasal vaccine technology

Nasal spray vaccine technology could expand beyond influenza. In the coming years, researchers expect to see further development of similar delivery systems – including potential nasal options for COVID-19.

More details on the 2025-2026 flu season can be found through the U.S. [U.S. Centers for Disease Control & Prevention \(CDC\) flu website](#).

A full library of respiratory illness articles can be found on the [OSF Newsroom](#).