

# Protect yourself from influenza!

## Vaccination



This year, because of the ongoing coronavirus pandemic, protection against seasonal influenza is particularly important. Influenza can result in severe illness for those who are aged 65 years or more, those who are pregnant, or those with a chronic illness. If you belong to any of these risk groups, we are offering you the chance to get vaccinated, free of charge.

### When and how?

From 9 November 2021, those who belong to any of the risk groups can receive vaccination against seasonal influenza. Make an appointment by logging in to the online service at 1177.se.

If you do not have BankID or access to the internet, you can also call the booking service on 016-10 40 44.

### Who should get vaccinated against influenza?

If you are aged 65 years or more and have any of the following illnesses or conditions, you can receive the vaccination, free of charge:

- Chronic heart disease
- Chronic lung disease
- Severe diabetes
- Compromised immune system
- Obesity
- Chronic liver or kidney disease
- Neuromuscular illness that affects breathing

If you are pregnant and have any of the above illnesses or conditions, vaccination is recommended at any time of your pregnancy. If you are fully healthy, we recommend vaccination after week 16.

Because of COVID19, it is particularly important that you get vaccinated against influenza, so that you receive basic protection and do not risk being affected by both diseases.

### What is influenza?

Influenza is a viral disease that most commonly occurs in Sweden during the six-month period around winter. The influenza virus varies from year to year, and the vaccine is adapted accordingly. It is therefore important that you get vaccinated every autumn in order to receive good protection against the current strain of the influenza virus.

### Why should I get vaccinated against influenza?

Most people experience symptoms of influenza such as high fever, coughing, headache and aching joints, which usually pass within a week. However, if you belong to a risk group, you can become seriously ill. It is therefore important that you get vaccinated in order to receive good protection against the disease.

### Is it safe?

The influenza vaccine is a reliable vaccine that provides good protection against severe influenza. You may experience some swelling, redness or soreness around the site of the injection, but this usually passes within a couple of days.

### Find out more!

You can find out more about influenza and vaccination at: [1177.se/Sormland/influenza](https://1177.se/Sormland/influenza).