

What to do if you are going to be vaccinated against influenza



Why does the Danish Health Authority recommend vaccination?

We are facing an autumn and winter season where the number of influenza infections is again expected to increase. Therefore, the Danish Health Authority recommends vaccination for people who are at risk of becoming severely ill from influenza and selected persons who have close contact with them.

The risk of becoming severely ill from influenza increases with age. Therefore, everyone aged 65 years and over is offered vaccination against influenza.

We recommend that you accept the vaccination as quickly as possible. It is important for you to get vaccinated before the infection rate starts to increase. You take best care of yourself by being vaccinated.

In the past two years, we have not had very widespread infection with influenza in Denmark, one reason being the restrictions in our society that were introduced due to covid-19. Therefore, we expect a

more large-scale influenza epidemic this winter, and it is therefore especially important that you get vaccinated against influenza if you are at higher risk of becoming severely ill.

Influenza vaccination of children aged 2-6 years protects both the children themselves and their family members who may be at risk of becoming severely ill from influenza. This may, for example, be both grandparents and younger siblings. By vaccinating children aged 2-6 years, we can reduce the spread of influenza in our society.

You can read more about vaccination of children in the pamphlet *What to do if you have a child aged 2-6 years who is to be vaccinated against influenza*.

How does vaccination take place?



Book an appointment at www.vacciner.dk or call your Region if you need help booking an appointment.



Show up at the vaccination centre at the stated time.



Get vaccinated in the shoulder.



Wait 15 minutes at the vaccination centre after you have been vaccinated, so you can receive help if you have an allergic reaction.

If you are also in the target group for covid-19 and/or pneumococcal vaccination, you can safely be vaccinated against all three diseases at the same time.

Are there side effects?

All vaccines cause side effects, including the vaccines against influenza. If you develop a fever or headache or experience pain at the injection site, these are mild side effects from which you will recover without treatment.

It is very rare to have severe allergic reactions after vaccination. If you have previously had a severe allergic reaction after being vaccinated or after being injected with another medicinal product, you should consult a doctor before being vaccinated.

Who are offered vaccination?

- All people aged 65 years and over
- Children aged 2-6 years
- Obese people with a BMI >35
- People on early retirement
- Pregnant women in the 2nd and 3rd trimesters
- Adults and children who live with certain chronic diseases such as cardiopulmonary diseases or other severe diseases
- People with impaired immune system and their household contacts after medical assessment
- Household contacts of children at higher risk
- Healthcare professionals and elderly care staff with close contact to persons at particular risk of becoming severely ill from influenza

You must be vaccinated against influenza every year to be protected. This is because a new type of influenza is dominant.

Even though you are vaccinated, there is still a risk that you may infect others. Vaccination and infection prevention behaviour are the measures that will get us through the winter. Therefore, you must still follow the Danish Health Authority's guidance on how to prevent infection.

Good advice – Good habits



1. Stay at home
– If you are ill or have symptoms of illness



2. Wash your hands
– Or use hand sanitiser



3. Clean thoroughly
– Especially surfaces that are touched by many people



4. Open windows and doors
– And ventilate your home



5. Cough or sneeze into your sleeve