

Get protected against influenza and pneumococcus!

If you are aged 65 years or older, or if you have certain chronic diseases, influenza and pneumococcus could make you seriously ill. It is therefore recommended that you get vaccinated. The vaccination is free of charge.

Influenza viruses are constantly changing, and there are several different types of influenza. You therefore need to get vaccinated against influenza every year in order to be protected against infection.

Pneumococci are bacteria that often cause respiratory infections. They can sometimes cause more serious infections, such as meningitis and blood poisoning. Vaccination against pneumococcus provides you with protection that will last for several years.

It is recommended that you get vaccinated against both diseases if any of the following apply to you:

- You were born in or before 1957.
- You have a heart condition.
- You have a lung disease, such as COPD or severe asthma.
- You have type 1 or type 2 diabetes.
- You have a severely impaired immune system as a result of illness or medical treatment.
- You have chronic liver failure or kidney failure.
- You are very overweight.
- You have a neuromuscular disease that affects your breathing.
- You have multiple disabilities.

If you work in health care or elderly care, if you are a relative of a person with a severely impaired immune system, or if you are more than 12 weeks pregnant, it is recommended that you get vaccinated against influenza only.

If you do not have a spleen or if you have a cochlear implant, it is recommended that you get vaccinated against pneumococcus only.

Book an appointment for vaccination

Make an appointment digitally at a healthcare centre or a vaccination centre. You no longer need to log in to 1177.se to book an appointment, but should instead make an appointment via a regular website.

You will find a list of links to all

vaccination centres at 1177.se/Sormland/influensavaccin. If you are not able to make an appointment digitally, you can get help to make an appointment by calling 016-10 40 44.



[Read more on 1177.se](https://1177.se)

1177

