

Protect yourself against influenza

**Free to certain
risk groups**

Influenza is harmless to most people. However, if you have a chronic heart or lung condition or certain other chronic conditions, are pregnant or are 65 years of age or over, the safest option is to have a vaccination. If you belong to one of these groups, the vaccination is free of charge.

What is influenza?

Influenza is a viral illness that is most common in Sweden during the winter months. Normal influenza is also called "seasonal influenza". The types of influenza vary from year to year and the vaccine is adapted each year to reflect this. It is therefore important that you have a vaccination each autumn to ensure that you are protected against the current influenza virus.

Is influenza dangerous?

For most people, having influenza means a high temperature (fever), a cough, a headache and joint pain. You will usually start to feel better within a week. However, if you belong to a risk group influenza may mean that you become seriously ill.

Who should have the vaccination?

People who are 65 years of age or over, pregnant women (more than 16 weeks pregnant), and anyone with one of the following illnesses or conditions, irrespective of age, will be offered the vaccination free of charge:

- **Chronic heart disease**
- **Chronic lung disease, such as COPD, or severe asthma**
- **Diabetes**
- **Reduced immune response**
- **Very overweight**
- **Chronic liver or kidney disease**
- **Neuromuscular conditions that affect breathing**

If you are uncertain about whether or not you belong to a risk group, you can always speak to your doctor.

A reliable vaccine that offers good protection

Many millions of people around the world have been vaccinated since the 1970s. This is a reliable vaccine and provides the best protection against influenza. After the vaccination, the skin may sometimes become a little red and swollen where you had the injection, and the area may feel a little sore. You may sometimes develop a fever. These side effects usually pass within a couple of days.

Where to go for the vaccination

You can have the vaccination at the health centre where you are registered. In November, health centres in the county run special drop-in sessions. If you cannot make one of these sessions, you can instead make an appointment at the health centre over the phone or online. Information on drop-in sessions and contact details are available on 1177.se



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