

## Influenza vaccination

**Do you want to avoid getting serious influenza (flu) and the risk of complications? Do you belong to a risk category? Are you over 65? In that case, you should get vaccinated before this year's flu virus reaches Blekinge. The vaccine will protect you from serious flu that can lead to problematic complications such as pneumonia.**

Influenza is caused by a virus and is very contagious. The virus spreads through the air, primarily when an infected person coughs or sneezes. In Sweden, flu is most common during the winter months. Ordinary flu is also called seasonal flu.

### Some people can become seriously ill

It is primarily elderly people or people who belong to a risk category who are at risk of becoming seriously ill from flu. Almost all the people who die from flu are over 65 or have an underlying risk disease. It is recommended therefore that primarily risk category people and elderly people get vaccinated every year.

You belong to a risk category if

- you are over 65
- you have any heart or lung disease
- you have diabetes that is difficult to treat and have high blood sugar levels
- your defence against infection is reduced for some other reason
- you have a chronic liver or kidney disease
- you are seriously overweight
- you have a neuromuscular disease that affects your breathing
- you are at the later stages of pregnancy
- you are a child with multiple functional impairments

### The vaccination

A large majority of those who get vaccinated do not get flu. If you do become ill, the vaccination will reduce the symptoms and you will not be as ill as you would have been without it.

Most flu vaccines are made from hen eggs. If you are allergic to hen eggs, you must always talk to a doctor prior to getting vaccinated.

### How the vaccination is given

You will be vaccinated once and the vaccination can be repeated after one year. Normally, the vaccination is given in the upper arm. Contact your healthcare centre (*vårdcentral*) for an appointment.

After the vaccination, there may be redness, swelling or tenderness where the vaccination was given. Some people get a temperature. These symptoms generally subside after a couple of days.

### Cost

The vaccination costs SEK 330. If you are over 65, it is free of charge.