

Winter flu vaccination

From 3 November, anyone who is at a higher risk of problems from flu, can get a cost-free vaccination at their clinic.

You are recommended to have the vaccination if you are in any of the following groups:

- You are 65 or older.
- You are pregnant beyond week 16.
- You have a heart disease.
- You have a lung disease, such as COPD or severe asthma.
- You have diabetes type 1 or diabetes type 2.
- You have a severely weakened immune system due to a disease or a treatment.
- You have chronic liver failure or kidney failure.
- You are very obese.
- You have a neuromuscular disease that affects your breathing.
- You have several disabilities.

This year it is especially important to get a flu vaccination

The vaccination will protect you against this year's influenza virus. This protection will last up to one year and next year, there can be a new virus that causes flu. You therefore need a flu jab every year to be protected against the latest flu virus.

This year, it is also especially important to get a flu vaccination due to the ongoing Covid-19 pandemic. We all need to do our bit to minimise the risk of many people becoming ill from both flu and Covid-19, as this would increase the load on many parts of our welfare system, not least healthcare.

If anyone in your close circle falls into a risk group, please remind them to get a flu vaccination.

Book a flu vaccination appointment – booking is open from 20 October

Due to the prevailing Covid-19 pandemic, new procedures and ways of working are in place in healthcare to enable you to be vaccinated against this winter's influenza virus in a safe and secure way. This year, no drop-in times will be available. You need to book a time in advance for vaccination at your local clinic. We will make sure the person providing the vaccination will be healthy and wears a face visor.

Clinic appointments for a flu vaccination can be booked from 20 October

You can book a time for a flu vaccination in two ways:

1. Log on to my pages at 1177.se, using your e-ID. Find your clinic and book a time directly.
2. Call your clinic to book a time.

Flu vaccination in association with another clinic appointment

New for this year is that from 3 November, you can also get vaccinated in association with a clinic appointment you have already booked, to save having to go the clinic another time. Please ask your healthcare provider on your next visit. If you are pregnant, you can get your flu vaccination in association with a visit to the antenatal clinic. Ask your midwife.

Important information before attending the clinic for your flu vaccination

- Please do not come to the clinic if you have developed cold symptoms. If you have cold symptoms, you will need to reschedule your vaccination appointment. You can do this by logging on to e-services at 1177.se or calling your clinic.
- Due to the Covid-19 pandemic - take precautions when travelling for your vaccination appointment at the clinic. Avoid travelling together with other people or going by public transport, if possible.
- Come as close to your appointment time as possible, to avoid having to wait along with other people.
Different clinics can have different rules – in certain cases, you may need to wait outside until it is your turn.
- Maintain social distancing to others when you are in the clinic.
- Please wear upper body clothing that is quick to take off and/or easy for the person doing the vaccination to access your upper arm.
- Have your ID documentation to hand.