



Vaccinate yourself against the flu

Influenza, or the flu, can be a serious illness, particularly if you have one of the medical conditions below, are pregnant, or are over 65 years of age. If you're vaccinated, you'll have better protection against the virus. If you happen to get sick anyway, you'll usually have milder symptoms.

You are at greater risk to become seriously ill and should vaccinate yourself if you

- have any of the following illnesses or conditions, no matter how old you are:
 - chronic heart or lung disease
 - neuromuscular disease, multiple disabilities or extreme obesity which affects your breathing
 - chronic liver or kidney failure
 - diabetes
 - are severely immunocompromised because of illness or medication
- are 65 years or older
- are pregnant

Do what you can to reduce the risk. Get vaccinated in time!

A dependable vaccine

Many millions of people all over the world have been vaccinated since the 1940s. The influenza vaccine is a dependable vaccine and the best protection against influenza. The vaccine is adapted each year so that it can handle the latest virus. When you get vaccinated, you may feel tenderness and swelling around the site of the jab. Some people have a fever. The symptoms disappear within a few days.

It's easy to catch the virus

It's easy to catch the influenza virus. It's spread through coughing and sneezing, or through close contact with an infected person. Common symptoms are coughing, high fever, headache and muscle and joint aches. You're often sick for a week, but you can feel sick for a few more weeks after that.

Where can you get the vaccination and how much does it cost?

You can get the vaccine at your health clinic. If you belong to any of the risk groups, it's free.

You can talk to your health clinic or call 1177 Care Guide. You can also read more at 1177.se/influensa.