

Flu vaccination

You now have the opportunity to receive a free flu vaccination at your health centre starting on **Tuesday 8 November 2022**. It is possible that health centres co-operate with each other and that vaccination can take place in a different place than your regular health centre.

By getting vaccinated, you receive better protection against hospital-intensive flu. Vaccinations must be repeated every year because the protection lasts only about half a year.

People who are offered free vaccination against seasonal flu:

- People 65 years and older.
- Pregnant women after week 12 of pregnancy.
 - Pregnant women who are not in any other risk group are recommended for vaccination after week 12 of pregnancy. Pregnant women who are also in another risk group are recommended for vaccination even before week 12.
- Adults and children over 6 months of age with certain diseases = medically-defined risk groups
 - chronic heart disease
 - chronic lung disease, such as COPD and severe/instable asthma
 - other conditions leading to decreased lung function, or worsened coughing and stagnation of secretion (for example, extreme obesity, neuromuscular diseases or multifunctional disabilities.)
 - chronic liver- or kidney failure
 - diabetes mellitus, 1 and 2.
 - conditions involving a severely-impaired immune system due to illness or treatment.
- Household contacts as well as nursing staff for people with reduced infection defence (e.g. persons with stem cell transplants, persons with acute leukaemia) should also be offered free vaccination.
- Healthcare personnel in Region Gävleborg with patient-centered work with increased risk of influenza.
- All personnel in Region Gävleborg as from 21 November.
- From 5 December onwards, others can be offered vaccination against influenza

The opportunity to get vaccinated against pneumococcal is available at your health care provider, ask for more information at your health care centre.

If you are unsure of whether you have the right to free vaccination, you may contact your health care provider or vaccination clinic.

Read more information in multiple languages at: www.1177.se/Gavleborg

If you get sick, call the 1177 Care Guide