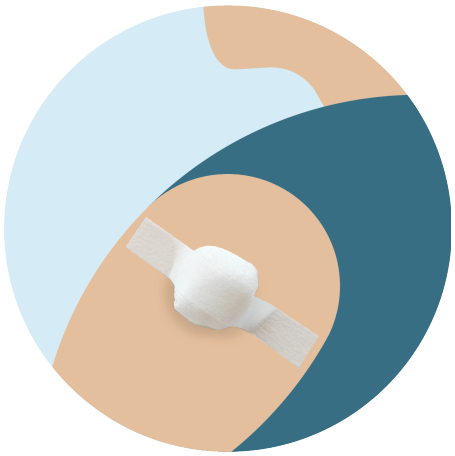
Are you especially vulnerable to influenza? Have the vaccine!

Anyone can become seriously ill from influenza, but some people are more susceptible to serious illness than others. In Norway, around 1.7 million children and adults should have the influenza vaccine.



Who should have the influenza vaccine every year?

- Individuals aged 65 or older
- Residents of nursing homes and care homes
- Children and adults suffering from:
  - chronic lung disease
  - chronic heart and vascular disorders
  - chronic liver failure
  - chronic kidney failure
  - chronic neurological disorders or injury
  - impaired immune system
  - type 1 and 2 diabetes
  - morbid obesity (BMI over 40)
  - other serious or chronic disorders
- Pregnant women from week 12 of their pregnancy
- Premature children, especially children born before week 32 of pregnancy, from 6 months (chronological age) up to 5 years.

For more information, see fhi.no/voksenvaksinasjon

What is influenza?

Ordinary influenza develops rapidly and causes fever, dry cough, listlessness and muscle pain for 3–10 days. Influenza can also lead to severe pneumonia and exacerbate chronic disorders.

People with cardiovascular disease are more prone to heart attack, stroke and death during the influenza season than at other times of the year. Severe influenza can lead to permanently impaired health and a need for more support.

In Norway, influenza causes an average of over 5,000 hospital admissions and 900 deaths per year.

Why have the influenza vaccine?

The vaccine provides protection against influenza infection and severe influenza from 1-2 weeks after vaccination. The vaccine can be administered at the same time as vaccines against other infections, such as pneumococcus and coronavirus.

You should have the vaccine every year because the influenza virus is constantly changing and the vaccine has to be altered to take account of this. The effect of the vaccine also diminishes over time.

Does the vaccine have any side effects?

Vaccines against seasonal influenza have been used for many years and generally have few side effects. Like other vaccines, it can cause tenderness, redness and swelling around the injection site, as well as muscle pain. Allergic reactions and other severe side effects are very rare. The influenza vaccine does not cause influenza.

How can I get the influenza vaccine?

Check your municipality's website or ask your GP.

FHI