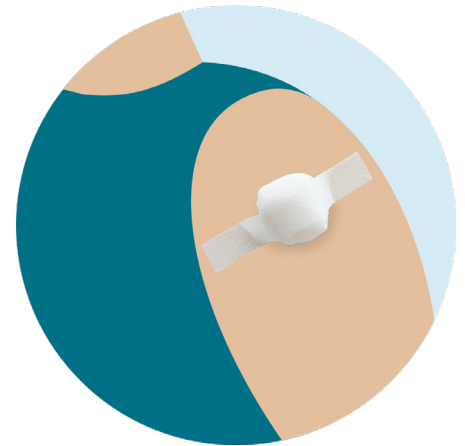


Influenza

Who should have the influenza vaccine?

- Anyone aged 65 or over.
- Children and adults under 65 years of age who belong to a risk group for severe influenza.

Speak to your doctor if you are unsure whether this applies to you or your child.



How does the influenza vaccine work?

- The vaccine “teaches” the body to defend itself against the influenza virus.
- The vaccine is given as an injection in the arm. Children can also receive the vaccine as a nasal spray. The vaccine can be given at the same time as the coronavirus and pneumococcal vaccines.
- It takes 1-2 weeks for the vaccine to start working.

What happens after I have had the vaccine?

- Many people feel a little sore around the injection site, which can become a little red and swollen.
- Some people get a temperature, experience muscle pains or feel nauseous or exhausted. This will disappear by itself after a few days.
- Contact your doctor if you are unsure about any problems you are experiencing after you have had the vaccine.



For more information, see
fhi.no/voksenvaksinasjon