

# Quick guide to the influenza vaccine



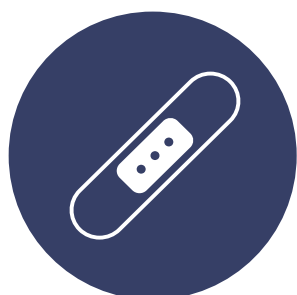
## Who should have the vaccine?

- » Some people become seriously ill from influenza.
- » People over 65 years should have the vaccine every year.
- » You should also have the vaccine if you have a chronic disease, are severely obese or are pregnant.
- » Talk to your doctor.



## How does the vaccine work?

- » The vaccine “teaches” the body to defend itself against the influenza virus.
- » The vaccine is given as a single injection in the arm.
- » You are protected after 1-2 weeks.



## After vaccination

- » The injection site may be sore, and it may be red or swollen.
- » Some people have fever and muscle pain or feel unwell.
- » This will disappear after 1-2 days.