

Influenza vaccine for healthcare professionals

Influenza causes serious illness and even death in vulnerable groups. You should have the vaccine to protect yourself, your patients and your loved ones.



Influenza outbreaks at healthcare institutions

High vaccination coverage among healthcare professionals can help to reduce the number of influenza cases and outbreaks at healthcare institutions. This is especially important for patients who cannot have the vaccine, and for patients who do not benefit from the vaccine as much due to an impaired immune system.

Emergency preparedness

High vaccination coverage against influenza among healthcare workers is also important for maintaining satisfactory levels of preparedness during major outbreaks of infectious diseases.

High infection risk

Healthcare professionals are obviously at greater risk of contracting influenza compared with adults who do not work in the healthcare sector.

If you become infected, you can spread the disease to others even if you do not have any obvious symptoms yourself. Transmission of viruses occurs by droplet, air or contact infection. Adults are usually contagious one day before the symptoms develop and 3-5 days after they became ill.

Do you work with vulnerable groups?

All healthcare professionals and caregivers who come into contact with patients are advised to have the vaccine. This is especially important for personnel who come into contact with vulnerable patient groups, e.g. in elderly care, neonatal medicine, cancer treatment, infection medicine or intensive care units.

The employer must offer and cover the costs of vaccination for all personnel who are exposed to infection. Contact your employer for information about vaccination at your workplace.

Important information about the influenza vaccine

The influenza virus is constantly

changing and the vaccine must be adapted every year to the virus types that are circulating. The effect of the vaccine also decreases over time and must therefore be taken every year.

The influenza vaccine for adults cannot cause influenza, because it only contains pieces of the influenza virus.

The influenza vaccine does not protect against coronavirus (COVID-19) or other viruses and bacteria which can also cause influenza-like symptoms.

The vaccine against seasonal influenza rarely causes serious side effects. Common side effects are local reactions with redness, tenderness or swelling around the injection site. Some people may experience fever, muscle pain and general malaise. Severe allergic reactions are very rare.

The vaccine should be administered in October/November, before the start of the influenza season. Protection is achieved after 1-2 weeks.



For more information, see
fhi.no/voksenvaksinasjon