

Seasonal influenza vaccine

Influenza can give rise to serious complications in some people. The health benefits of being vaccinated can be considerable. Children and adults who are at risk should receive the seasonal influenza vaccine every year.

The following groups should be vaccinated:

- » Anyone aged 65 or over
- » Residents of nursing homes and care homes for the elderly
- » Children and adults suffering from:
 - diabetes, types 1 and 2
 - chronic respiratory disorders
 - chronic cardiovascular disorders
 - chronic liver failure
 - chronic renal failure
 - chronic neurological disorders or injury
 - impaired immune system
 - morbid obesity (BMI over 40)
 - other serious or chronic disorders
- » Pregnant women from week 12 of their pregnancy

Why get vaccinated?

Almost 1.6 million children and adults in Norway belong to a group with an increased risk of developing complications after contracting influenza. It is estimated that an average of 900 people die in Norway every year as a result of the illness. Influenza vaccination could save many of these lives.

Influenza can, for example, cause pneumonia and exacerbate chronic disorders. If complications arise from influenza, admission to hospital may be necessary. Some people experience permanently impaired health.

During the influenza season, people with cardiovascular disease are more prone to heart attack, stroke and death than at other times of the year. Vaccination against influenza can help to prevent this.

Influenza during pregnancy increases the risk of stillbirth. Pregnant women are also more susceptible to complications, such as pneumonia, than women without underlying diseases.

Influenza during infancy can be serious. Vaccination of the mother during pregnancy protects the child against influenza during the early post-natal period.



What does the vaccine protect against?

The influenza vaccine protects against the virus types expected to be in circulation during the season.

The influenza vaccine does not protect against coronaviruses or other viruses and bacteria that cause influenza-like symptoms. Common symptoms of influenza are fever, dry throat, runny nose, listlessness, headache and muscular pain for 3–10 days.

Why should you have the vaccine every year?

People in risk groups should be vaccinated for seasonal influenza every year. The influenza virus is constantly evolving and the vaccine is therefore changed every year to take account of this. The effect of the vaccine also diminishes over time.

Does the vaccine have any unwanted effects?

Vaccination against seasonal influenza has been used for many years. Like other vaccines, it can cause temporary tenderness, redness and swelling around the injection site, as well as muscular pain. Allergic reactions and other severe side effects are very rare.

The influenza vaccine does not cause influenza

How can I get the influenza vaccination?

Ask your doctor, or take advantage of vaccination days if they are arranged by your municipality.

Which vaccines have I had?

Influensavaksinasjoner skal registreres i Nasjonalt Influenza vaccinations are recorded in the Norwegian Immunisation Registry (SYSVAK). This information can be found at: <https://helsenorge.no/vaksiner/mine-vaksiner> (in Norwegian)

Want to find out more? Feel free to ask your doctor.

See also the Norwegian Institute of Public Health's website: <https://www.fhi.no/en/id/influenza/seasonal-influenza/>

