

Don't forget vaccination is available

AT YOUR WORKPLACES



Flu is not just a cold.

It can cause high fever, body aches, and keep you away from both work and daily life for up to a week – and it can be dangerous for the elderly and those with weakened health.

Vaccination is the best protection.

5 Benefits of Getting the Flu Vaccinen

1. **Stay healthy for what really matters** – work, leisure, and family time.
2. **Milder illness** if you do catch the flu.
3. **Protect the vulnerable** – colleagues, children, the elderly, and pregnant women.
4. **Stop the spread together** – the more people vaccinated, the harder it is for the virus to circulate.
5. **Done in minutes** – protects you all flu season.



Scan to learn more.

3 Myths About the Flu Vaccine



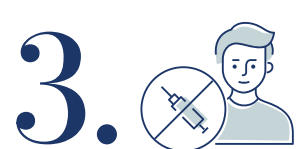
Q: Can the flu vaccine **give you the flu**

A: **No.** The flu vaccine can't give you the flu. Mild soreness or slight fever just mean your immune system is working.



Q: I'm healthy – **I don't need it!**

Svar: **Even healthy people can get the flu** and spread it to others, including the elderly and those more vulnerable.



Q: I got the flu shot last year – **so I'm covered!**

A: **No.** The virus changes every year – and so does the vaccine.



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