

Influenza

VACCINATION CHECKLIST

Note! You may only receive the influenza vaccination if **you can answer “No” to the following statements:**

- Have you previously had severe allergic reactions in connection with a vaccination?
- Do you have any allergies? (If yes, inform the vaccinator)
- Have you received an influenza vaccine within the past 6 months?
- Do you have a fever above 38°C or are you acutely ill?

Informed Consent

By giving informed consent to the influenza vaccination, you confirm that:

1. You have received information about the purpose, possible side effects, and the duration of protection of the vaccine, and you accept to be vaccinated against influenza.
2. You have answered “No” to all items on the checklist above.

Remember: Please remain under observation for 15 minutes post-vaccination.

About Influenza

Influenza is a contagious viral infection of the respiratory tract that affects thousands of people in Denmark every year – especially during the winter months. Influenza usually lasts between two and seven days, but for people in risk groups it can lead to a more severe course of illness and, in some cases, be fatal. Common symptoms include fever, muscle pain, chills, headache, and reduced appetite.

Influenza Vaccination

The vaccine contains parts of inactivated virus strains that cannot cause disease but resemble the viruses expected to circulate in the coming season. When you are vaccinated, your immune system produces antibodies, enabling your body to fight the infection faster and more effectively if you are later exposed to influenza viruses. The vaccine provides protection after about 2–3 weeks and lasts for approximately 6–12 months.

Side Effects of the Vaccination

Common side effects: Mild soreness, redness, or swelling at the injection site. Fever, headache, rash, or muscle and joint pain.

Very rare (1 in 10,000 or fewer): Severe allergic reactions, convulsions, neurological disorders, or inflammation of blood vessels.

Your vaccination will automatically be registered on sundhed.dk.

