

# IMPORTANT information



DANSKE LÆGERS  
VACCINATIONS SERVICE

By being vaccinated, you give your informed consent that you accept the possible side effects of the vaccine and that you can say no to the questions listed on the next page.

Influenza is a viral infection of the airways. The virus is very contagious and transmitted via droplets from coughs, sneezes etc. Influenza symptoms are fever (38-40 °C), muscle aches, chills, headache, lack of appetite, general malaise and in a few cases vomiting and diarrhea. The disease typically lasts for 2-7 days. In Denmark, 1 in 5 people typically get influenza during the winter.

The influenza vaccine contains inactivated surface proteins from influenza virus. This year, it protects against 4 specific virus strains. You achieve protection against these strains after 2-3 weeks and it usually lasts 6-12 months. The flu vaccine does not protect against other types of flu, than those vaccinated against.

Influenza vaccination can cause side effects such as: Mild soreness, redness and swelling at the injection site is seen. Mild fever, headache, rash, muscle and joint pain may occur. Allergic reactions may occur.

# Checklist before flu vaccination



DANSKE LÆGERS  
VACCINATIONS SERVICE

You may only be vaccinated against influenza if you can answer no to the following questions:

- Are you allergic to the flu vaccine?
- Are you allergic to eggs or chicken?
- Are you allergic to formaldehyde, ovalbumin, gentamicin / neomycin (antibiotic for the treatment of bacterial infections in group aminoglycosides), cetyltrimethylammonium bromide or polysorbate 80?  
(Are you allergic, then you know)
- Do you have a fever? Or are you acute ill?
- Have you had allergic reactions to other vaccines?

Asthma, hives, hay fever and allergic eczema do not prevent you from being influenza vaccinated. For asthmatics, it is actually recommended.

**Remember to stay at least 15 minutes on site after vaccination.**

Your vaccination will be registered on [www.sundhed.dk](http://www.sundhed.dk).