



## Influenza season is here – time to get vaccinated!

### WHY SHOULD I GET VACCINATED?

- To protect myself from a serious form of influenza.
- To protect my ability to work and function.
- To protect risk groups, such as pregnant women and children under school-age.

### Your occupational health includes influenza vaccines

Schedule an appointment conveniently in the [online scheduling tool](#) or in the Health App. Influenza vaccination can be scheduled online even if your company does not use online scheduling. Influenza vaccines must be taken every year, and we recommend taking it well ahead the start of the influenza season in November or December. This ensures that the protection offered by the vaccine has time to develop.

Influenza can affect a healthy working-age person for only a week but be very dangerous to a person who has underlying health conditions. A vaccine is the best way to prevent influenza and its complications. Influenza is passed on to other people before you even have any symptoms. Get vaccinated, and let's take care of each other!

### INFORMATION ABOUT THE VACCINE

*The vaccine offers a comprehensive protection against influenza. The influenza vaccine is effective and easily tolerated. It is a targeted vaccine for each influenza season and the protection lasts for about a year. The vaccine does not protect from other viral infections. After getting vaccinated, the body's natural immune system produces antibodies against the disease. We use the quadrivalent vaccine Fluarix Tetra that protects against the four virus strains contained in the vaccine about 2–3 weeks after you get vaccinated. Just like all other vaccines, the influenza vaccine might have side effects. The most common side effects are headache, muscle pain, nausea, and pain at the injection site. Another common but less likely side effect is mild fever. Usually, these symptoms disappear in a day. They can be treated with common pain killers and antipyretics.*

*If you have a febrile infection, the influenza vaccine will not be injected. If you have flu symptoms, do not go to the vaccination appointment. Before the vaccination, tell the nurse about your possible allergies, underlying health conditions, and strong reactions*

to previous vaccines. After getting vaccinated, you should stay at the vaccination point or near it for 15 minutes in case of possible side effects. [Read more about the vaccine.](#)