



Folkhälsomyndigheten

DET ÄR DAGS FÖR VACCINATION MOT INFLUENZA OCH COVID-19

OKTOBER 2024, ENGELSKA

Time to get vaccinated against influenza (the flu) and COVID-19

It is now time to get vaccinated against COVID-19 and the flu. The Public Health Agency of Sweden recommends these vaccinations for everyone aged 65 and above and those who are part of a risk group.

The spread of influenza and COVID-19 is highest during the winter. In order to ensure good protection against the viruses, it is therefore important that you get vaccinated well in advance of the winter season. The vaccinations protect against serious illness and death.

Most people can take both vaccines at the same time. The vaccination is free for people who belong to a risk group. Information about the risk groups is available under the 'Vaccination for recommended groups' heading.

The vaccination period begins on 15 October

The region where you live will determine when and where you can get vaccinated. The majority of regions will begin vaccinating people against COVID-19 and influenza on 15 October, but this may vary. Vaccinations are usually provided at healthcare centres or vaccination clinics. For more information about vaccinations in the region where you live, visit [1177.se](https://www.1177.se).

You can receive both vaccines at the same time

The COVID-19 and influenza vaccines can often be combined and taken at the same time. You will be given one dose in each arm. Mild side effects are common with both the COVID-19 vaccine and influenza vaccine. If you have any questions about the vaccines, contact your healthcare centre or vaccination clinic.

Vaccination for recommended groups

You should get vaccinated against COVID-19 and influenza if you belong to any of the following groups:

People aged 65 and above

Everyone aged 65 and above should get vaccinated against influenza and COVID-19.

This applies to anyone turning 65 this year (2024).

Risk groups

We recommend vaccination against COVID-19 and influenza for people aged 18–64 with any of the following conditions:

- cardiovascular diseases including stroke (high blood pressure as a single diagnosis not included).
- Chronic lung disease, such as COPD or severe unstable asthma.
- Diabetes types 1 and 2
- Liver failure
- Kidney failure
- Conditions that severely weaken the immune system as a result of illness or treatment, including Down's Syndrome
- Other illnesses or conditions that impair lung function or the ability to cough (e.g. extreme obesity, neuromuscular disorders or multiple disabilities)
- Pregnancy (after week 12). Those who are pregnant and have other risk factors may be vaccinated before week 13 of pregnancy.
- Other illnesses or conditions that affect a person's overall health and where catching COVID-19 could result in serious illness. Examples of such illnesses or conditions include dementia, mental illness or dangerous alcohol or drug use that has negatively affected physical health.

The recommendations for risk groups apply to adults aged 18 and above.

Special recommendations for children

Children in risk groups have a higher chance of becoming seriously ill with influenza. They should therefore be vaccinated against the virus.

COVID-19 vaccination is recommended for children who are at a higher risk of becoming seriously ill with the virus, following a doctor's assessment and prescription.

Other groups who should get vaccinated against influenza

The vaccine is recommended for health and social care workers who work closely with patients and care recipients at an increased risk of developing severe influenza. Household contacts, both children and adults, of people with severely compromised immune systems should also get vaccinated against the flu. Vaccinations for these groups will start on 4 November, however, this may vary depending on the region.

When and how can I book this autumn's vaccinations against influenza and COVID-19?

Read more at [1177.se](https://www.1177.se) (in Swedish)