

Information about influenza vaccination Question / Answer

I am fit and healthy and never get influenza, so why get a vaccination? - A vaccination is a protection against influenza. Influenza can hit everybody, regardless of age, sex and health condition. If you are exposed enough to contamination, you will get sick. Therefore, you also hear about top trained athletes, there has to cancel sport events because they also get infected with influenza.

Is it sensible to get vaccinated, if I have lung problems, are a smoker, have a high blood pressure, have diabetes or another kind of disease? - Yes, then you should especially get a vaccination.

Can I get a vaccination when I'm pregnant? – YES! In Denmark and The Danish Health Department, recommends vaccination if you are pregnant, But only from the beginning of (2. Trimester.) after 13. Weeks of pregnancy.

Where do I get the flu shot? - You get the flu shot in your shoulder or upper arm.

Does it hurt afterwards? - No. Some do experience some soreness, reddening or a little swelling where they get the flu shot. This is an indication that the immune system is activated, and it is therefore a good sign.

Can I get influenza by getting a vaccination? - No. The vaccine contains non-living influenza virus and can therefore not produce influenza. There is no more discomfort connected with the vaccination, than there is with an injection of saltwater.

Can I get influenza in spite of I have got a vaccination? - Yes, a vaccination is not a 100 % protection against influenza. You can compare a vaccination to using a seatbelt in the car. It reduces the risk significant, but it is not a guarantee. The vaccination provides up to 90 % protection to fit and healthy people.

Does a vaccination help against tonsillitis, sinusitis, middle ear infection or pneumonia? - These diseases are often a complication to influenza and colds. Therefore, a vaccination is an indirect protection towards these diseases. But you can still get the common "winter diseases".

Does a vaccination weaken my immune system? - No! it strengthens your immune system. That is why one vaccinates!

If I get the flu, my immune system will probably be strengthened in the long run and be more natural? - No. Your body gains nothing by getting the flu, neither in the short run or long run. Is it the same as believing, that you become prepared for a traffic accident by sometimes having some small car accidents.

I got vaccinated last year, should I get a vaccination again this year? - Yes, because every year a new vaccine is made. So, for every year you get an influenza vaccination you can look forward to your protection against the flu often becomes better.

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General influenza information

A vaccination strengthens the immune system – that is why we vaccinate? An influenza vaccination exposes the body for what looks like to be the virus which causes influenza. It is completely natural for the immune system to stimulate it by help from a vaccination. It is exactly the way our immune system normally works. Our immune system is stimulated by all the foreign bodies, virus, bacterium and diseases which the body is exposed to and the immune system hereafter helps to defeat them. A vaccination is therefore simply a replica of nature's way to do things and it is also therefore the discovery of vaccinations is considered to be one of medical sciences biggest and most beneficial achievements.

Good protection – but not 100 % guarantee. One can compare a vaccination by using a seat belt in the car. It reduces the risk significant, but it is not a 100 % guarantee. A vaccination against influenza gives a good protection. The vaccination provides up to 90 % protection to fit and healthy people. Those who even though should get influenza will get a milder sickness course, than if they had not got the vaccination. An influenza vaccination protects for one season and there is made a new vaccine every year.

Are there any side effects? There are given approximately 400 million influenza vaccinations per year worldwide and serious side effects are extremely rare. In connection with the vaccination, there can for a few days occur a light soreness and swelling where you have got the flu shot. Scientific studies have shown, that fever and the discomfort you might experience after the getting a flu shot, does not appear more frequently than after a "vaccination" with salt water.

Who should not get vaccinated? People there has shown allergic reactions towards influenza vaccinations earlier, should not get vaccinated again. People with egg allergies should not get vaccinated, as the vaccine is produced on eggs and therefore can contain traces of eggs. People with formaldehyde allergies, which likewise are part of the vaccine production, should not get vaccinated. People with a high fever on the vaccination day are advised against a vaccination. And in the time of pregnancy have the vaccine from 2. Trimester / 13. Week.

How does a vaccination take place? The vaccination consist a flu shot in the shoulder muscle or upper arm. The vaccine is given with a sterile disposable needle and most people do not feel the flu shot, because the needle is so thin and short.

When shall a vaccination be given? To obtain a good protection against the flu, the immune system has to be activated and ready, when the flu season begins in end of December and beginning of January. Therefore, the vaccination has to be given from the end of September to the beginning of December.

Who is Dansk Firmavaccination? Dansk Firmavaccination is a nationwide company of doctors and nurses, there are specialists in providing vaccinations to public and private companies. We have over 80 doctors and nurses attached, and we are without comparison the most fast growing vaccination company in the country.

You can find further information about influenza and vaccination on our website www.firmavaccination.dk

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