

Protect yourself and others



Seven good reasons to get your flu vaccination

We recommend the flu vaccination to anyone with an increased risk of developing flu complications and to all those who have regular direct contact with people at especially high risk, in either a work or a social capacity.

1 To protect yourself against flu

If you get vaccinated early enough in the autumn, you can reduce your risk of catching flu in the winter. Flu (influenza) can sometimes be severe and can cause complications, such as pneumonia, pleurisy, myocarditis, encephalitis or Guillain-Barré syndrome. Flu can also increase the likelihood of a suffering heart attack or a stroke.

2 To prevent the transmission of flu viruses to those around you

Your friends and family will also benefit from your flu vaccination, particularly people with an increased risk of complications (such as newborns, pregnant women and older people or those with underlying health conditions). Good hygiene measures and mask-wearing help reduce the risk of both transmitting the flu virus and getting sick. But they aren't a substitute for the flu vaccination because with flu you are already contagious without realising it two days before you develop the symptoms.

3 To protect people at especially high risk from complications

Flu and its complications can be serious for people at especially high risk. Some people with an increased risk of developing complications either cannot be vaccinated (e.g. infants under six months of age) or are only partially protected by vaccination (e.g. people with a weakened immune system). Your flu vaccination will help reduce the risk of people at especially high risk from catching flu. Anyone who has close contact – in a professional or private capacity - with individuals who have an increased risk of complications is advised to get a flu vaccination.

4 To opt for the most effective way of preventing flu

Eating a balanced diet, taking regular exercise, getting enough sleep, ensuring good hygiene, keeping your distance, wearing a facemask and staying away from the workplace when sick will reduce the risk of transmitting or contracting various germs. But often, this alone does not offer adequate protection. The flu vaccination is the simplest and most effective way to avoid catching flu, and is thus a useful supplement to the other hygiene and behavioural recommendations.

5 To remain an efficient team throughout the coming flu season

As always, it is difficult to predict exactly when the flu season will start this winter and how bad it will be. The aim must be to keep healthy yourself and to reduce the impact of the flu season on those around you. This way, you can all remain an efficient team throughout – at work, at home or elsewhere. The more people are vaccinated within a particular team, the better the team will be protected

6 To avoid a combination of flu and other respiratory illnesses

Many respiratory illnesses are more common in the colder months. It is also possible to be infected by more than one pathogen at a time. By getting a flu vaccination, you reduce your risk of catching flu and thus also the risk of simultaneously contracting multiple respiratory illnesses.

7 To avoid overburdening the health system

When large numbers of people simultaneously fall seriously ill, this can put a severe strain on the healthcare personnel in medical practices, hospitals and in continuing-care communities. By getting your flu vaccination, you can help ease any such pressures on the health system.