

# Prepare for the influenza season well beforehand



Seasonal influenza is an acute and respiratory infection with severe symptoms. It is a completely different disease than a common cold. Vaccination is the most effective way to protect against influenza. It has been shown to prevent influenza infections and to shorten the duration of the disease.

## What is influenza?

Seasonal flu or influenza is an inflammation of the respiratory tract caused by the Influenza A or B virus. It is a completely different disease than a common cold. The onset of influenza is faster and the symptoms are more severe. Typical symptoms include high fever, severe joint pain, shivers, fatigue, headache, nausea and a bad cough.

## What are the benefits of an influenza vaccination?

Vaccination provides effective protection against influenza. It has been shown to prevent influenza infections and to shorten the duration of the disease. Since influenza viruses change constantly, influenza vaccinations administered in previous years do not protect you against the disease. Terveystalo uses an effective quadrivalent influenza vaccine that protects against four types of virus.

The groups that have the highest risk of becoming severely ill include people with a chronic heart or lung disease or diabetes, pregnant women and children under three years of age. Influenza can also aggravate primary diseases and cause secondary diseases, the most common being bronchitis and pneumonia. Most healthy people have a friend or a family member who belongs to one of the high-risk groups. Getting vaccinated helps you protect them.

It is recommended that you get vaccinated well before the first wave of influenza as it takes about two weeks to develop antibody protection.

## Does the vaccination cause any side effects?

A very small percentage of people may get mild flu-like symptoms after vaccination and the vaccination site may feel sore, but these symptoms subside in a couple of days. Allergic reactions are extremely rare.

## How can I get vaccinated against influenza?

The occupational health services and your employer will let you know whether the vaccines are administered at the workplace or at a Terveystalo clinic. Occupational health nurses and registered nurses administer influenza vaccines at all Terveystalo clinics and occupational health clinics. Make an appointment online at [www.terveystalo.com/rokotukset](http://www.terveystalo.com/rokotukset) or by calling us at:

Influenza vaccines can be combined with pneumococcal vaccines that protect against pneumococcal pneumonia. The high-risk groups of pneumococcal diseases include those over 50 and people with a chronic disease. The pneumococcal vaccination does not have to be taken annually.

\* Calls from a mobile phone cost 8.35 cents/call + 19.33 cents/minute and from a landline 8.35 cents/call + 3.20 cents/minute. Queuing is subject to charge.