



CHILDREN
ARE GIVEN THE
VACCINATION AS
A NASAL SPRAY

What to do if you have a child aged 2-6 years who is to be vaccinated against influenza

Why does the Danish Health Authority recommend vaccination?

We recommend that children aged 2-6 years are vaccinated against influenza to reduce the risk of illness among children. Infection among children contributes greatly to the spread of influenza in society. Therefore, vaccination of children can also help limit that they infect family members and people at higher risk of becoming severely ill, including very young siblings and grandparents.

In recent years, the influenza seasons have been very mild, but we expect to see a higher number of influenza infections this year. We also expect covid-19 to remain in circulation. It is therefore extra important to prevent all the disease we can. We need to do this to protect people at higher risk of becoming severely ill from covid-19 and influenza and to avoid overburdening our healthcare system.

What is influenza?

Influenza is a contagious viral infection of the airways, which, in the vast majority of children, causes illness with mild symptoms such as fever, coughing and fatigue. However, a few children may become severely ill and develop complications such as pneumonia.

Is the vaccine safe for my child?

The studies show that the vaccine is very safe and effective for children. The vaccine has been used in children for several years in many countries, and it has therefore been thoroughly studied.

What side effects may the vaccine cause?

The most common side effects are mild. The side effects may be a stuffy or runny nose, headache as well as fever and general discomfort. The risk of serious side effects, such as allergic reactions, is very small and similar to that of other childhood vaccinations.

How does the vaccination of my child take place?

Vaccination against influenza for children is given as a nasal spray with one spray in each nostril. Children who have not previously been vaccinated against influenza will need to be vaccinated twice at an interval of minimum 28 days. If your child has previously been vaccinated against influenza, he or she only needs to be vaccinated once.

The offer of free influenza vaccination applies to all children aged between 2-6 years, and it is valid in the period from 1 October 2022 to 15 January 2023. It is voluntary whether you wish to accept this offer for your child.