

Do I need to be vaccinated?



If you are at higher risk of becoming severely ill from covid-19 and influenza, the Danish Health Authority recommends that you get vaccinated.

Why does the Danish Health Authority recommend vaccination?

We are facing an autumn and winter season in which we expect that the number of covid-19 and influenza infections will again increase.

The risk of becoming severely ill from covid-19 and influenza and being hospitalised increases with age. Therefore, the Danish Health Authority recommends that all people aged 50 years and over get vaccinated against covid-19, and that all persons aged 65 years and over get vaccinated against influenza. The vast majority of young people will not be at risk of becoming severely ill. However, there will be a few young people who are at higher risk due to illness or special conditions. Therefore, the Danish Health Authority recommends vaccination from 1 October for people who are at risk of becoming severely ill to protect them from serious illness, hospitalisation and death.

Are you recommended vaccination due to your illness or condition?

Many people who live with a disease will know that they are at higher risk of becoming severely ill from covid-19 or influenza and that they are therefore recommended to be vaccinated. If you are in doubt, the below table can help you. You can also talk to the doctor who is treating you in hospital or to your general practitioner.

Disease or condition	Vaccination against covid-19	Vaccination against influenza
Chronic pulmonary disease or impaired respiration due to reduced muscular strength	●	●
Cardiovascular disease, except well-regulated hypertension	●	●
Diabetes type 1 or 2	●	●
Congenital or acquired immunodeficiency, including organ or stem cell transplantation	●	●
Chronic kidney or liver disease	●	●
Other serious diseases where, according to the doctor's assessment, the condition means that infection poses a serious health risk	●	●
Obesity (BMI over 35)	●	●
Pregnant women	● throughout the pregnancy	● 2nd and 3rd trimesters
People living in the same household as people with congenital or acquired immunodeficiency.	●	●
Recommendation <u>only</u> for vaccination against covid-19		
In treatment for cancer disease	●	
Severe gastrointestinal disorders with affected general condition and significantly reduced nutritional state	●	
Severe neurological diseases	●	
Severe rheumatological diseases	●	
Severe mental illness and/or serious substance abuse	●	
Down's syndrome	●	
Recommendation <u>only</u> for vaccination against influenza		
People on early retirement		●

Children with certain severe chronic illnesses can also be vaccinated. If you are the parent of a child with a severe chronic illness, you can talk to your doctor about possible vaccination.

How to get vaccinated?

You can be vaccinated from 1 October. If you are offered vaccination based on your illness or condition and not your age, you **will not** receive an invitation for vaccination. Instead, you can do the following to book an appointment for vaccination:



1. Go to www.vacciner.dk

- Confirm that you are in the target group for vaccination
- Book an appointment for vaccination

If you are unsure whether you belong to a group for which vaccination is recommended, you can fill out a guiding questionnaire at www.vacciner.dk. The questionnaire will help you find out whether vaccination is a good idea for you.



2. Talk to your doctor, who can set up a vaccination process for you at www.vacciner.dk

- You can then book an appointment yourself.
- In some cases, your doctor will be able to vaccinate you immediately.

You can always get help to book an appointment for vaccination by calling your Region. You can find the **numbers here**.

Depending on where you live, there may also be other places where you can be vaccinated. This may, for example, be at some general practitioners or at selected pharmacies.

Even though you are vaccinated, there is still a risk that you may infect others. Vaccination and infection prevention behaviour are the measures that will get us through the winter. Therefore, you must still follow the Danish Health Authority's guidance on how to prevent infection.

Good advice – Good habits



1. Stay at home

- If you are ill or have symptoms of illness



2. Wash your hands

- Or use hand sanitiser



3. Clean thoroughly

- Especially surfaces that are touched by many people



4. Open windows and doors

- And ventilate your home



5. Cough or sneeze into your sleeve