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Hello!

It is now time to get vaccinated against Covid-19 and the flu. New for the 2023-2024 season is that these two vaccines are offered at the same time to the greatest extent possible. We are contacting you because we believe it is important that you receive information about Covid-19 and the flu vaccinations.

**On Tuesday 7 November, 2023, vaccinations will start in Gävleborg.**

Here's how to proceed, if you haven't already received an invitation with a time and place:

- Booking, rebooking, cancellation can be done digitally via [1177.se/Gavleborg.se](https://1177.se/Gavleborg.se) or via phone support 026-150300.
- You can also visit the drop-in, and the times can be found at [1177.se/Gavleborg](https://1177.se/Gavleborg)

Covid-19 and the flu are viral diseases which are characterized by fever, cough and body aches. Contagiousness is very high and some who become infected run the risk of becoming seriously ill. By taking the vaccination will give you good protection against serious illness - vaccines save lives.

**People who are recommended to get vaccinated against Covid-19:**

- 65 years and older
- 50-64 years old who have not been vaccinated
- Belong to a risk group
- Pregnant
- 50 years and older, who have not been vaccinated.
- A severely impaired immune system can have its own schedule.
- Significantly impaired health and frailty should be taken into account in particular.

**People who are recommended to get vaccinated against the flu:**

- 65 years and older
- Belong to a risk group
- Pregnant
- Household contact with a person who has an impaired immune system is recommended to have their vaccination.
- Staff in care and social care.
- Significantly impaired health and frailty should be taken into account in particular.

For those who are not affected by the recommendations above, the Covid-19 vaccine is available free of charge, and the flu vaccine can be offered for a fee.

The opportunity to vaccinate against pneumococcal is available at health centres all year round. Ask for more information at your health centre.

Warmly welcome to vaccinate yourself!

Read more on the website [1177.se/Gavleborg](https://1177.se/Gavleborg)

Here you can find information on how to make an appointment, who is recommended vaccines and translations in different languages.

Sincerely,  
Shah Jalal, infectious disease physician, Region Gävleborg  
Maria Larsson, vaccine coordinator, Region Gävleborg.