

September 2025

Hello!

It's almost time to get vaccinated against COVID-19 and influenza. We want to provide you with important information about the vaccinations.

Vaccinations protect against infectious diseases and are one of the most effective efforts for public health – second only to clean water. Many diseases that were previously common in Sweden are now virtually non-existent thanks to the fact that many people have been vaccinated. (source: The Public Health Agency of Sweden).

COVID-19 and influenza spread easily and can cause fever, cough and body aches. For some, the illnesses can become serious. By getting vaccinated, you reduce the risk of severe illness – vaccines save lives.

Protect yourself this autumn – vaccines against COVID-19 and influenza

- **75 years or older?** You are recommended vaccine against COVID-19 and influenza. **Start: October 14th**
- **65–74 years?** You are recommended influenza vaccine. **Start: November 4th**
COVID-19 vaccine is only administered if you belong to a risk group.
- **Do you suffer from COPD, diabetes, heart disease** (not only high blood pressure) **or other risk factors that may cause you severe illness?** You are recommended both vaccines. Read more at 1177.se/Gavleborg.
- **Pregnant after week 12?** You are recommended influenza vaccine. **Start: November 4th.**
The vaccine protects both you and your baby.

How to get vaccinated:

- Book an appointment digitally with BankID or e-identification.
- Come for a drop-in vaccination.
- Bring valid identification.

All information (in Swedish) about the vaccinations: 1177.se/Gavleborg

Welcome!

Best Regards,
Shah Jalal, smittskyddsläkare, Region Gävleborg
Maria Nordström, vaccinsamordnare, Region Gävleborg