

October 2026

Hello!

It will soon be time to get vaccinated against COVID-19 and influenza. We would like to provide you with important information about the vaccines.

Vaccinations protect against infectious diseases and are one of the most effective public health measures – second only to clean water. Many diseases that were once common in Sweden are now virtually nonexistent thanks to widespread vaccination (source: Public Health Agency of Sweden).

COVID-19 and influenza spread easily and can cause fever, cough, and body aches. For some people, these illnesses can become serious. Getting vaccinated reduces your risk of severe illness – vaccines save lives.

Vaccinations against COVID-19 and influenza begin on November 2

- **Are you aged 75 or older?** You are recommended to get vaccinated against COVID-19 and influenza.
- **Are you aged 65–74?** You are recommended the influenza vaccine.
The COVID-19 vaccine is only given if you belong to a risk group.
- **Do you have COPD, diabetes, heart disease** (other than just high blood pressure), **or another risk factor that could cause you to become seriously ill?** You may be recommended to receive both vaccines. Learn more at 1177.se/Gavleborg.
- **Are you more than 12 weeks pregnant?** You are recommended to get a flu vaccine.
The vaccine protects both you and your child.

How to get vaccinated:

- Book an appointment online using BankID or e-ID.
- Come for a walk-in vaccination.
- Bring valid identification.

You should primarily get vaccinated at the health center you are registered with. Do you need help booking an appointment? Call the health center you are registered with.

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

Welcome!

Best regards,

Shah Jalal, Infectious disease physician, Region Gävleborg

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