

September 2024

Hello,

Soon we will begin vaccinating against COVID-19 and influenza. For the 2024-2025 season, you will have the opportunity to get both vaccines at the same time. We are contacting you because we feel it is important that you have information about the COVID-19 and influenza vaccinations.

COVID-19 and influenza are viral diseases characterised by fever, coughing and body ache. The viral diseases are highly contagious and some people who get infected are in danger of becoming severely ill. Vaccination will give you a good level of protection against getting seriously ill.

**In Gävleborg, we will begin vaccinations starting Tuesday, 15 October 2024.**

Here is what to do if you have not already received a letter specifying your time and place for vaccination:

- Booking, rebooking and cancellation can be done online via [1177.se/Gavleborg](https://1177.se/Gavleborg)
- You can also visit our drop-in service. Available times can be found at [1177.se/Gavleborg](https://1177.se/Gavleborg)
- If you can't make it to your appointment then please rebook or cancel at [1177.se/Gavleborg](https://1177.se/Gavleborg) so that someone else can take your appointment. If you do not have Mobile BankID, you can contact us by phone on 026-15 03 00. Our line handles many calls, and there may be a long waiting time, so please change your appointment online if you are able to do so

**It is recommended that you be vaccinated against COVID-19 this autumn if any of the following are true:**

- You turn 65 this year or you are older
- You have an illness or anything else that increases your risk of becoming seriously sick. You must also turn 18 this year or be older
- You are pregnant and past your 12th week of pregnancy

**It is recommended that you be vaccinated against influenza if any of the following are true:**

- You turn 65 this year or you are older
- You are pregnant and past your 12th week of pregnancy
- You have an illness or anything else that increases your risk of becoming seriously sick. This applies to everyone over the age of 6 months
- You live with someone who has a severely impaired immune system

Visit [1177.se/Gavleborg](https://1177.se/Gavleborg) to learn more about who is recommended to get vaccinated.

You are warmly welcome to come for your vaccine.

With kind regards,

Shah Jalal, infection control practitioner, Region Gävleborg  
Maria Larsson, vaccination coordinator, Region Gävleborg