

# What to do if you are going to be vaccinated against covid-19



## Why does the Danish Health Authority recommend vaccination?

We are facing an autumn and winter season where the number of covid-19 infections will again increase. Therefore, the Danish Health Authority recommends vaccination for people who are at risk of becoming severely ill from covid-19. The effect of the vaccine diminishes over time, and it is therefore important that you get vaccinated again.

The risk of becoming severely ill from covid-19 increases with age. Therefore, everyone aged 50 years and over is offered vaccination. We recommend that you accept the vaccination as quickly as possible. This also applies even if you have previously been infected and have previously been vaccinated.

It is important to get vaccinated before the infection rate starts to increase. You take best care of yourself by being vaccinated.

## Who are offered vaccination?

- Anyone aged 50 years and over
- People aged under 50 years who are at higher risk of becoming severely ill
- Staff in the healthcare and elderly care sector as well as parts of the social services sector with close contact to patients/citizens at higher risk
- Close relatives of people with severely impaired immune system
- Pregnant women.

People aged 18 years and over who have not previously been vaccinated against covid-19 still have an opportunity to be vaccinated.

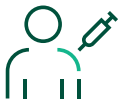
## How does vaccination take place?



Book an appointment at [www.vacciner.dk](http://www.vacciner.dk) or call your Region if you need help booking an appointment.



Show up at the vaccination centre at the stated time.



Get vaccinated in the shoulder.



Wait 15 minutes at the vaccination centre after you have been vaccinated, so you can receive help if you have an allergic reaction.

**If you are also in the target group for influenza and/or pneumococcal vaccination, you can safely be vaccinated against all three diseases at the same time.**

## Which vaccines will you be offered?

You will be offered vaccination with a variant-updated mRNA vaccine. The variant-updated vaccines provide better and broader protection than the first vaccines you received. The vaccines have been approved by the European Medicines Agency (EMA).

## Are there side effects?

All vaccines cause side effects, including the covid-19 vaccines. If you develop a fever or headache or experience pain at the injection site, these are mild side effects from which you will recover without treatment.

It is very rare to have severe allergic reactions after vaccination. If you have previously had a severe allergic reaction after being vaccinated or after being injected with another medicinal product, you should consult a doctor before being vaccinated.

## Do you have any questions?

You can also read more about the autumn vaccinations at [www.sst.dk/en/English/Corona-eng/Vaccination-against-covid-19](http://www.sst.dk/en/English/Corona-eng/Vaccination-against-covid-19).

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**