

# What to do if you are going to be vaccinated against pneumococci



## Why does the Danish Health Authority recommend vaccination?

Pneumococci may cause many different diseases. The most common are acute middle ear infection (otitis media), sinusitis and pneumonia. But, in very severe cases, the pneumococcal bacteria can spread into the blood stream, causing meningitis and blood poisoning.

Therefore, the Danish Health Authority recommends vaccination against pneumococci for people aged over 65 years or persons with chronic diseases who are at particular risk of becoming severely ill from pneumococci.

Once you have been vaccinated, we expect you to be protected for up to five years against the types of pneumococcal bacteria against which the vaccine provides protection.

## Who are offered vaccination?

- People aged over 65 years
- People with special chronic diseases, for example chronic heart disease or pulmonary disease
- People who have diseases or conditions that entail a particular risk of severe pneumococcal disease
- People living in nursing homes and some types of residential care centres
- Welders who, due to their occupation, are at higher risk of becoming severely ill from pneumococcal disease

## 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 covid-19 and/or influenza vaccination, you can safely be vaccinated against all three diseases at the same time.**

## Are there side effects?

All vaccines cause side effects, including the vaccines against pneumococci. 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.

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**