Folkhälsomyndigheten
PUBLIC HEALTH AGENCY OF SWEDEN

DET ÄR DAGS FÖR VACCINATION MOT INFLUENSA OCH COVID-19
VACCINREKOMMENDATIONER OKTOBER 2026 – ENGELSKA

It's time to get vaccinated against influenza and COVID-19

During winter, influenza and COVID-19 spread the most. That is why it is important to get vaccinated and ensure you have good protection against serious illness.

Who should get the vaccination?

People aged 65 or older

- If you are 65 or older, it is recommended that you get vaccinated against influenza.

People aged 75 or older

- If you are aged 75 or older, it is recommended that you get vaccinated against both influenza and COVID-19.

People with compromised immune systems

- If you are aged 18 or older and have a compromised immune system, it is recommended that you get vaccinated against both COVID-19 and influenza. This applies, for example, to people who are undergoing medical treatment that weakens their immune system and those with blood cancer, kidney failure, or Down's syndrome.

People in a clinical risk group

- If you are in a clinical risk group, it is recommended that you get vaccinated against influenza, regardless of your age.
- If you are aged 50 or older and belong to a clinical risk group, it is recommended that you get vaccinated against both influenza and COVID-19.
- Clinical risk groups:
    - cardiovascular disease, including stroke (does not include a sole diagnosis of high blood pressure)
    - chronic lung disease (such as COPD) and severe or poorly controlled asthma
    - diabetes types 1 and 2
    - liver failure

- kidney failure
- conditions that compromise the immune system as a result of illness or treatment
- illnesses or conditions that impair lung function or the ability to cough (e.g. extreme obesity with a BMI of over 40, neuromuscular disorders, or multiple disabilities).

Pregnant people

- If you are pregnant, it is recommended that you get vaccinated against influenza after week 12 of your pregnancy. If you are pregnant and belong to a clinical risk group, it is recommended that you get vaccinated against influenza before week 13 of your pregnancy.
- Pregnancy is no longer considered a risk factor for severe COVID-19. However, if it is recommended that you get vaccinated against COVID-19 for other reasons, you should also get vaccinated when you are pregnant.

People with home help or care facility residents

- If you are aged 65 or older and receive daily help at home, it is recommended that you get vaccinated against influenza and COVID-19. This applies, for example, if you receive home help or live in a residential care facility.

People with a serious illness not mentioned above

- If you have a severe underlying disease or a condition that puts you at risk of becoming seriously ill with COVID-19, it is recommended that you get vaccinated, regardless of your age. An example of such a situation could be if you are younger than 50 and have severe lung disease or are in frail health due to multiple illnesses or disabilities. Making this determination may require an individual medical assessment.

If you want to get vaccinated but are not covered by the recommendations

- If you do not belong to any of the above groups, you can still get vaccinated, provided that doing so does not restrict vaccine access for members of the groups for whom vaccination is recommended. Find out what applies in your region at 1177.se, or contact your health centre.

What recommendations apply to children?

Children in risk groups have an increased risk of becoming seriously ill with influenza. It is therefore recommended that children aged 6 months or older who belong to a risk group be vaccinated against influenza.

It is recommended that children at increased risk of becoming seriously ill with COVID-19 be vaccinated against COVID-19, following an individual medical assessment and with a doctor's prescription.

Other groups for whom vaccination against influenza is recommended

- It is recommended that healthcare personnel who work closely with patients and care recipients at increased risk of severe influenza get vaccinated against influenza.
- It is also recommended that children and adults living in the same household as people with severely compromised immune systems get vaccinated against influenza.

Is the vaccination free of charge?

If you belong to the recommended groups above, you can get vaccinated free of charge.

When and where can I get vaccinated?

The region where you live determines when and where you can get vaccinated. Vaccination is usually carried out at healthcare centres or vaccination clinics. More information about what applies in your region and how to book your vaccination appointment is available at 1177.se.

Can I get both vaccines at the same time?

Most people can receive both vaccines at the same time. In that case, you will receive one dose in each arm. If you have any questions about the vaccinations, you can contact your healthcare centre or vaccination clinic, or visit 1177.se.