



A campaign by the Austrian
Government, the federal states
and the social insurance sector.

Get the **free** flu vaccine today

(schützt
einfach.)

Real flu
really isn't fun.

Find out more at impfen.gv.at/influenza

What is flu?

Flu is properly known as influenza and is caused by viruses. **Flu can be severe – and even life-threatening.**

Typical flu symptoms include:

- suddenly feeling extremely unwell
- high fever
- pain in the muscles and limbs
- strong headaches and throat pain
- coughing

How do you catch flu?

Influenza viruses spread from one person to another, primarily through droplets in the air (from sneezing, coughing, talking) or via contact with contaminated hands and objects.

Children play a key role in transmitting and spreading the virus.

How can you protect yourself against flu?

The **flu vaccine offers strong protection** from the flu, in particular **from severe illness and problems arising from it.** Since the flu viruses are constantly changing, it's important to be vaccinated every year, **ideally between the end of October and the middle of November.**

The flu vaccine

schützt
einfach.

How much does the flu vaccine cost?

In autumn 2024, we are offering the flu vaccine for free to everyone living in Austria.

When you go to your doctor to have your vaccination, ask if they participate in the **Austrian public influenza vaccine programme (ÖIP)** run by the government, the federal states and the social insurance sector.

Where can you go to get vaccinated?

- **Doctor's surgeries** (both panel practices and private surgeries) participating in the vaccination programme
- **Company-run** vaccination campaigns
- **Retirement and care homes, outpatient departments and social care facilities**
- Depending on the state, you may also be able to have the vaccine at facilities run by **district administrative authorities** and **magistrates** (e.g. the health authorities)



You can find all the information about getting vaccinated at impfen.gv.at/influenza

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Flu vaccination hotline for residents of Austria: +43 (0) 50766-501510

Who would benefit most from having the flu vaccine?

- People **over the age of 60**
- People who suffer from **particular chronic illnesses**
- People who are **extremely overweight**
- People with a **weakened immune system**
- **Women who are pregnant, breastfeeding** or who **would like to start a family**
- **Infants** (7 months and up) and **small children**
- Those who work in the **healthcare and nursing sectors**, support staff
- People in **community facilities** (e.g. retirement and care homes, childcare settings)
- People who **come into contact with many others at work or outside of work** (e.g. those who work in the tourism or catering sectors)

Good to know:

Children and young people aged between **2 and 18** can have the flu vaccine **nasal spray**.

If you have been vaccinated, you will be in a better position than someone who hasn't had the vaccine:

- The illness will generally be **milder and clear sooner**.
- **There is a far lower risk** you will be hospitalised as a result of the flu or complications arising from it (e.g. pneumonia and other forms of lung inflammation).

Liebe Grüße aus
ST. INFLUENZA



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