

高齢者インフルエンザ予防接種を受ける方へ

For Seniors Receiving the Influenza Vaccination

1. Effectiveness of Influenza Vaccination

Influenza vaccination has been confirmed to be effective in preventing illness, especially severe cases, among the elderly in our country. It takes about two weeks for immunity to develop after vaccination. The immune effect of the vaccine is said to last for approximately five months, and it is highly effective to receive the vaccination by early December, before the flu season begins each year. Since the influenza virus changes and spreads every year, vaccines are manufactured to match the viruses expected to circulate each season. Therefore, it is important to receive the vaccination annually. In general, people aged 65 and older can achieve effectiveness with one dose per year.

2. Before Receiving Vaccination

(1) General Precautions

- ① Read this guide carefully and gain a thorough understanding of the necessity of vaccination and possible side effects.
- ② If you have any concerns or questions, please contact your vaccination doctor or the responsible department before vaccination.
- ③ Influenza vaccinations are not mandatory and will only be administered if the individual wishes to receive them, so please ensure you are fully informed and agree before getting vaccinated.
- ④ If the individual is experiencing dementia or similar conditions and a final confirmation of their consent cannot be obtained, vaccination under the Immunization Act cannot be administered.

(2) Persons Who Cannot Receive Vaccinations

1. Those who clearly have a fever (37.5°C or higher) on the day of vaccination
2. Those suffering from a severe acute illness
3. Those who have experienced anaphylactic shock

英語版

※due to components of the vaccine

※This refers to a severe allergic reaction that usually occurs within about 30 minutes after vaccination.

4. Those who, after an influenza vaccination, developed a fever within two days or showed symptoms suggesting a systemic allergic reaction such as widespread rash⁵. Others whom a physician determines are in a condition unsuitable for vaccination.

(3) General Precautions After Receiving Vaccinations

① For 30 minutes after the vaccination, sudden side effects may occur, so make sure you can contact a doctor.

② Side effects of the influenza vaccine often appear within 24 hours, so pay attention to your condition during this period.

③ Bathing is allowed, but avoid rubbing the injection site vigorously.

④ On the day of vaccination, avoid intense exercise and heavy drinking.

3. Side Effects of Influenza Vaccination

The main side effects are redness, swelling, and pain at the injection site. Systemic reactions can include fever, chills, headache, fatigue, vomiting or nausea, diarrhea, joint pain, and muscle pain, but these usually disappear within 2 to 3 days. Rarely, hypersensitivity reactions such as rash, hives, eczema, erythema, erythema multiforme, and itching may occur. Additionally, in very rare cases, there have been reports of anaphylaxis-like symptoms, acute disseminated encephalomyelitis (ADEM), Guillain-Barré syndrome, convulsions, liver dysfunction, and asthma attacks. If you experience any of the symptoms mentioned above after vaccination, please consult a doctor. For any other questions or concerns, please contact the responsible department.

4. About the Vaccination Health Damage Relief System

If health damage occurs due to side effects from vaccinations administered by the city, resulting in the need for treatment or leaving a disability that affects daily life, you can receive support through the health damage relief system under the Vaccination Act.

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