

# FY2024 Notice of Influenza Vaccination for the Elderly

【Please read and understand the following statement, and then inoculate when you are in good condition.】

This vaccination can only be administered if the individual wishes to get it. There is no obligation of vaccination, and, in principle, it is unnecessary to get it for the persons who do not wish.

Implementation Period: **From October 1 (Tue.), 2024 to January 31 (Fri.), 2025**

- Eligible person :
- ① Those who, as of the vaccination day, are 65 years old or over and have the resident registration in Adachi City
  - ② Those who are, as of vaccination day, 60 years old or over and under 65 years old and who have disability in functions of heart, kidney, respiratory organs, or having an immune disorder by human immunodeficiency virus. (comparable to Level 1 Physical Disability Certificate)
  - ※ Under the Immunization Act, those whose birthdays fall on an eligible age (60 or 65 years old) can be vaccinated **from the day before their birthday. If you wish to be vaccinated earlier than that, please refer to the attached sheet "For people who are 59 or 64 years old as of October 2."**
  - ※ Those who will become eligible age on and after January 2, 2025 are not eligible for the routine vaccination.

Vaccination Fee: **Free**

Vaccination place: Refer to **the separate sheet, "List of the designated medical institutions for influenza vaccination for the elderly in FY2024."**

- ※ Other than Adachi City, you can also get vaccination at the designated medical institution in Tokyo 23 cities. If you wish to get vaccination at the medical institution in another city, please check in advance whether the institution is a designated medical institution in that city.
- ※ Some medical institutions may have a specific day and time for vaccination, may not have enough vaccine in stock, may require reservations, may only accept their regular patients, or may make changes during the course of the fiscal year. Please be sure to check with your medical institution in advance.

Vaccination method: **On the day of vaccination, fill out the area in the bold box of "Vaccination Register (vaccine screening questionnaire) for FY2024 elderly influenza vaccination" and bring it to the designated medical institution.**

- ※ In the case that the person to be vaccinated is unable to sign the request form due to paralysis or difficulty in accurately confirming the intention, the family members or family doctor are requested to confirm the intent very carefully before deciding the vaccination (If the final confirmation cannot be made, the vaccination based on the Immunization Act cannot be performed).

## What is Influenza?

Influenza is spread by inhaling the virus through the throat or nose released by coughing, sneezing, or spitting from a person infected with influenza (this is called "droplet infection"). Typical symptoms of influenza include sudden high fever, headache, joint pain, and muscle pain. And sore throat, coughing, and having a runny nose are also seen. It is characterized by the strong systemic symptoms compared with an ordinary cold. It could cause complications of bronchitis or pneumonia and result in a severe condition.

## Prevention of influenza

Avoid crowds as much as possible during epidemics. It is important to take enough nutrition and enough rest in your daily life. In addition, the spread of influenza infection is related to the drying of air. In the house, it is recommended to humidify rooms using humidifiers, etc. Masks when going out and gargling and hand washing when going back to home are effective, along with normal cold prevention.

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## Before getting a vaccination

### (1) General precautions

Regarding influenza vaccination, please read this notice carefully to understand necessity and its side reaction. If you have any concerns or questions, consult with a doctor or nurse before vaccination. If you are not convinced, do not get vaccination.

The vaccine screening questionnaire is important information for the doctor to decide whether or not to vaccinate. The person getting vaccination must fill it out with responsibility and provide the correct information to the vaccinating doctor.

### (2) Persons who cannot get vaccination

- ① Those who clearly have a high fever (usually, over 37.5°C body temperature)
- ② Those who clearly have a serious acute illness  
Those who need to take medicine due to an acute illness may not be able to understand changes in the illness afterwards, so it is a general rule to suspend vaccination on the day.
- ③ Those who have had the anaphylaxis from the ingredients of the influenza vaccine before  
“Anaphylaxis” is a severe allergic response that occurs usually within 30 minutes of vaccination. The symptoms of response show the perspiration, acute swelling of the face, development of severe hives all over the body, nausea, vomiting, being hard to vocalize and hard to breathe, followed by the shock symptom such as a blood pressure drop.
- ④ Other cases such that the doctor decides it is inappropriate.  
Even if you do not correspond to ①~③ mentioned above, if the doctor decides the vaccination is inappropriate, you cannot get vaccination

### (3) Persons who must consult a family doctor when getting vaccination

- ① Those who clearly have the underlying disease such as a cardiovascular, kidney, liver or blood disease
- ② Those who have a history of convulsion.
- ③ Those who were diagnosed to have immunodeficiency or there is a close relative who has an inborn immunodeficiency disease.
- ④ Those who have respiratory diseases such as interstitial pneumonia and bronchial asthma
- ⑤ Those who have developed the symptom that indicates the allergic response, such as developing fever, rash, and hives within two days after vaccination at the time of the past influenza vaccination

### (4) Concurrent vaccination with the novel coronavirus vaccine or other vaccines, and interval between vaccinations

Concurrent vaccination with the novel coronavirus vaccine is possible when specifically deemed necessary by a doctor. In addition, there are no restrictions on concurrent vaccination with other vaccines, including the pneumococcal vaccine, or on the interval between vaccinations.

## Precautions for post-vaccination

- ① The acute side reactions could occur during 30 minutes after vaccination. Please be prepared so you can make quick contact with a doctor (medical institution) when it is needed.
- ② Many of the side reactions of influenza vaccination appear within 24 hours. Please take care of the physical condition carefully during the period.
- ③ You can take a bath on the day of vaccination. However, do not rub strongly the injected part. You may continue your daily life as usual, but avoid hard exercise and heavy drinking.

## Side reactions of vaccination

Although it could happen that the injection scar is reddened, swollen, and painful, as well as developing fever, chill, headache, and a whole-body dull mood, it will usually be cured in a couple of days. If these symptoms are severe or become prolonged, please take a medical examination by a doctor (medical institution).

## ◆Inquiries◆

**Inquiry Call Adachi 3880-0039**

From 8:00 a.m. to 8:00 p.m. (every day except from January 1 to 3)

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