

FY2025 Notice of Influenza Vaccination for the Elderly

【Please read and understand the following carefully and receive vaccination only when you are in good health.】

This vaccination can be administered only if the individual wishes to receive it. There is no obligation to receive this vaccination, and, in principle, those who do not wish to be vaccinated are not required to receive it.

Implementation Period: **From October 1 (Wed.), 2025 to January 31 (Sat.), 2026**

- Eligible persons :
- ① Persons aged 65 or older who are registered residents of Adachi City as of the date of vaccination..
 - ② Persons aged 60 or older and under 65 who are registered residents of Adachi City as of the date of vaccination and who have a disability in the functions of the heart, kidney, or respiratory organs, or have an immune disorder caused by human immunodeficiency virus. (comparable to a Level 1 Physical Disability Certificate)
 - ※ Under the Immunization Act, persons whose birthday fall on an eligible age (60 or 65 years old) can get vaccinated **from the day before their birthday. If you wish to receive vaccination earlier than that, refer to the separate information sheet "For persons who are 59 or 64 years old as of October 2."**
 - ※ Persons who will become eligible age on and after January 2, 2026 are not eligible for the routine vaccination.

Vaccination Fee: **Free of charge**

Vaccination place: Refer to **the separate sheet, "List of the designated medical institutions for FY2025 influenza vaccination for the elderly."**

- ※ Persons who meet conditions ① or ② may also receive the vaccination at designated medical institutions in the 23 cities of Tokyo. If you wish to get vaccinated outside Adachi City, please check in advance whether the institution is a designated medical institution in that city. Those aged 59 and 64 can receive the vaccination only at medical institutions within Adachi City.
- ※ Some medical institutions may have specific days and times for vaccination, may have a shortage of vaccine in stock, may require reservations, may only accept their regular patients, or may be subject to changes during the fiscal year. Please be sure to check with your medical institution in advance.

Vaccination method: **On the day of vaccination, fill out the section in the bold box of the "Vaccination Register and Screening Questionnaire for FY2025 Influenza Vaccination for the Elderly," and bring it to the designated medical institution.**

- ※ If the individual has paralysis or difficulty in confirming their own will and is therefore unable to sign the consent form, it is necessary for family members or the family doctor to carefully confirm the individual's intention to receive the vaccination and determine its appropriateness (If the individual's intention cannot ultimately be confirmed, the vaccination cannot be administered under the Immunization Act).

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, along with sore throat, cough, and runny nose. 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 get 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 home are effective, along with normal cold prevention.

(continue to the back side)

Before vaccination

(1) General precautions

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

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

(2) Persons who cannot receive the vaccination

- ① Those who clearly have a high fever (usually, over 37.5°C 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 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 receive the vaccination.

(3) Persons who must consult a family doctor when receiving the 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 have been diagnosed with immunodeficiency in the past or who have close relatives with congenital immunodeficiency.
- 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 the COVID-19 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 adverse reactions could occur within 30 minutes after vaccination. Make sure you can contact a doctor (medical institution) when it is needed.
- ② Many of the adverse 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 the injection site strongly. You may continue your daily life as usual, but avoid hard exercise and heavy drinking.

Adverse reactions of vaccination

The injection site may become red, swollen, or painful, and you may also experience fever, chills, headache, or general malaise. These symptoms usually go away in a couple of days. If these symptoms are severe or persist, please consult 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.)

Vaccination Subsection, Public Health Preventive Control Section Adachi City
TEL: 3880-5094