

Influenza vaccination // consent to vaccination (trivalent)

Vaxigrip 2025/2026 - trivalent vaccine

 **Helios**

Arbeitsmedizin

personal details:

surname: _____ first name: _____ date of birth: _____

employer _____

private address

street _____ postcode _____ city _____

health insurance _____ private legal

insurance number _____

(Without the presentation of the insurance card we can't offer you the vaccination!)

Questions:

yes **no**

Have you ever had health problems, especially allergic reactions (skin rashes, shortness of breath, swelling of face or tongue), after / at previous vaccinations (no matter which)?
If so, which ones? _____

Are allergies known to you, especially to vaccine components e.g.
chicken protein, formaldehyde, sodium chloride, potassium chloride
and more: sodium monohydrogen phosphate, potassium dihydrogen phosphate, ovalbumin, neomycin, octoxinol-9

If so, which ones? _____

Do you currently have any health problems or do you suffer from acute or chronic diseases?

If so, which ones? _____

Are you currently in a hyposensibilization treatment?

(between the vaccination and the last injection of the hyposensibilization should be 1 to 2 weeks)

Do you suffer from a blood clotting disorder? Do you take anticoagulant drugs?

If so, which ones? _____

Do you suffer from a disease of the immune system? Do you take or have taken
Medication in the last 3 months that suppresses the immune defense e.g. cortisone?

If so, which ones? _____

Only for woman: Are you pregnant?

Declaration of consent:

I took note of the content of the information sheet (vaccination against influenza). I am aware that the German Standing Committee on Vaccination recommends using a high dose vaccine for people over the age of 60 but the vaccination is also possible with a regular vaccine. I was informed and clarified about the vaccination and was able to clarify further questions with the doctor.

I have no further questions and would like to be vaccinated against the flu with Vaxigrip trivalent.

_____ date, signature (for minors signature of the legal guardian)

Due to the very rare allergic reactions, it is recommended to stay in the vaccination center or under medical supervision for 15-20 minutes after the vaccination.

Documentation of vaccination – filled out by the doctor

injection in upper arm

Date _____ vaccine/ batch number _____ vaccinator + signature _____ ri le sc im

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Flu infections with the influenza virus are spread worldwide. The disease may occur isolated, locally limited but also as an epidemic (cumulative occurrence of infectious diseases). During the wave of the flu epidemic 2018 more than 1600 patients evidently died because of this disease in Germany. Especially for older or immunocompromised people the disease can be fatal. The real flu (=influenza) is not a simple flu-like infection, even if those are often referred to as „a flu“. The swine flu, the avian flu, and COVID-19 raised more awareness for “pandemics” (strong to worldwide extensive epidemics). The influenza vaccine “Vaxigrip Trivalent” protects against the three most common virus strains of the season 2025/2026.

The influenza virus is transmitted primarily by droplets from person to person, e.g. when coughing or sneezing. However, it is also possible that the virus is transmitted by shaking hands. The disease typically begins 2 to 3 days after the infection, **suddenly** (within hours) with a **rapid deterioration of general condition and a high fever, as well as a dry and painful cough and strong headache, limb pain and muscular pains**. In contrast to the common cold, it is **rare to get the sniffles**. The healing takes place within days to weeks. Pneumonia as a complication is responsible for most of the fatalities. An effective treatment is only possible in the early stages of the disease. Considering this, the preventive vaccination is the best way to avoid the disease and its complications. The influenza vaccine is an inactivated vaccine, which is newly compounded every year according to the recommendations of the World Health Organization. That is why a vaccination is necessary every year. The vaccine is administered in one shot (for unvaccinated children two shots) in the upper arm (either in the muscles or deep into the subcutaneous fat tissue). The best time for the vaccination is October to November but it is also possible to get vaccinated after November. The protective effect starts 2 - 3 weeks after the vaccination and lasts for around 6 months.

The STIKO (Standing Committee on Vaccination at the Robert-Koch-Institute) recommends the seasonal influenza vaccination for:

- people of all ages with an increased risk caused by an underlying disease, among others chronic diseases of the respiratory system, cardiovascular diseases, liver or kidney diseases, diabetes mellitus or other metabolic diseases, chronic neurological diseases, e.g. multiple sclerosis with thrills triggered by infections, congenital or acquired immunodeficiency or HIV infection.
- residents of homes for the elderly and nursing homes
- all healthy pregnant women from the 2nd trimester and pregnant women with an increased health risk caused by an underlying disease from the 1st trimester
- persons with an increased occupational risk, such as medical staff
- persons who may be a potential source of infection for persons at risks which they look after
- persons with direct contact to poultry and wild birds, to avoid a double infection with the avian influenza

Many federal states have vaccination recommendations beyond the STIKO and recommend the flu vaccination generally for all adults (and sometimes children). **An allergy to chicken protein is a contraindication, because the vaccine is produced in chicken embryos. This can lead to allergic reactions if people are allergic to chicken protein.** In case of an acute illnesses in need of treatment or fever, the vaccination should be postponed. In the first 3 months of pregnancy or in case of allergies to additives of the vaccine the benefits and risks should be weighed. Unaccustomed physical activity should be avoided up to 3 days after the vaccination, sport is possible (maybe with reduced training of the affected shoulder muscles).

Possible side effects of a vaccination against influenza: local and general reactions

- Very common (>10%): Pain at the injection site, discomfort, headache
- Common (1-10%): Fever, chills, hardening / swelling / redness at the injection site
- Occasional (0.1-1%): Weakness, fatigue, itching/warmth/discomfort at the injection site, dizziness, nausea
- Rare (0.01-0.1%): Flu-like symptoms, hypersensitivity at the injection site, decreased appetite, vomiting