

# Self-declaration

To be able to receive the influenza vaccine with us, you must be able to declare the following:

- ✓ That you don't have a fever above 38°C or are severely ill
- ✓ That you don't have a history of any severe allergic reactions (regardless of cause)
- ✓ That you don't have a bleeding disorder or take blood-thinning medication.
- ✓ You are not allergic to any of the ingredients in the vaccine:
  - Eggs (ovalbumin/chicken proteins)
  - Formaldehyde
  - Gentamicin sulfate
  - Sodium deoxycholate
- ✓ You want to take the vaccine