

Free of charge

Fiscal year of 2025

Notice of influenza vaccination for senior citizens

In Minato City, senior citizens (65 years old and over) are eligible to receive a vaccine against influenza at public expense (free of charge).

The influenza vaccine is an effective means of prevention and/or prevent the symptoms from becoming severe in case you do catch the disease. If you would like to be vaccinated, consult your regular physician and receive your vaccine as early as possible, before the weather gets cold and influenza spreads.

Please read the following carefully before receiving your vaccine.

Who is eligible	- Persons who have reached the age of 65 (those who were born on and before January 1, 1961) and wish to be vaccinated. <u>Please receive your vaccine after you have reached your 65th birthday.</u>
When to receive the vaccination	From Wednesday, October 1, 2025 to Saturday, January 31, 2026 ※ Please note that the end date of the vaccination period is different from that of the COVID-19 vaccination.
Fee for vaccination	Free (only 1dose during the period mentioned above)
Where to receive the vaccination	- Choose a medical facility from the enclosed list (The List of Hospitals). - Some medical facilities offer vaccination by appointment only. Please call the medical facility beforehand to confirm whether an appointment is necessary. - Vaccinations may be received also at designated medical facilities within the 23 cities of Tokyo. Please contact the medical facility where you wish to receive vaccine or public health center directly to confirm whether the facility is authorized as the designated medical facility. - If you wish to receive vaccines at the designated medical facility outside the 23 cities of Tokyo for free, you need to apply for issuance of the request for vaccination. If you receive a vaccine without applying for issuance of the request, you will not be able to receive a financial support for vaccination from Minato City and will be asked to pay the vaccination fee at your own expense. For more information, visit the Minato City Website or contact the Minato Public Health Center.  You could search also Minato City website 『 ”Minato” “Influenza” 』 ← Scan this two-dimensional code with a smartphone to view the influenza page.
How to receive the vaccination	- Complete the enclosed “Influenza Pre-vaccination Check Sheet for Senior Citizens” (light blue paper) and present it at the medical facility when you go to receive the vaccine. When filling out the Pre-vaccination Check Sheet, do not use pencils or erasable pens. - If you do not present this check sheet when you receive your vaccine, you will be charged for your vaccine at your own expense.

Receiving the influenza vaccine

◇ What is influenza?

The influenza viruses spread through the air by coughing and sneezing and the disease is occurred by inhaling the virus. Influenza symptoms include high fever, general malaise, headache, aching joints and muscles, sore throat, sneezing, coughing, and stuffed or runny nose. In severe cases, complications such as bronchitis, pneumonia or encephalitis may occur, possibly becoming life-threatening among those having a chronic illness and the elderly.

◇ How you can protect yourself from influenza

The most effective method currently considered is to get vaccinated before the outbreak. Vaccination can protect you against influenza and/or prevent the symptoms from becoming severe in case you do catch the disease. (It takes about two weeks after receiving the vaccine for your body to develop immunity, and the immunity lasts for about five months.)

Other means of prevention are gargling and washing your hands when returning from outside, avoiding crowded places, maintaining appropriate humidity indoors, wearing a mask when you go out, eating a balanced diet and drinking sufficient water, keeping regular hours and getting sufficient rest and sleep.

◇ Side effects of the influenza vaccination

- (1) Redness, swelling and/or pain may occur at the injection site, but these symptoms usually subside within 2-3 days.
- (2) You may run a low-grade fever and/or feel chills, headache or general malaise, but these symptoms usually subside within 2-3 days.
- (3) There have been reports of fever, headache, convulsions, impaired mobility and impaired consciousness occurring between several days and two weeks after vaccination. In extremely rare cases, symptoms such as shock, systemic hives or respiratory difficulty may occur. Consult your physician immediately if these symptoms appear.

◇ Relief System for Health Damage from Vaccination

Vaccination is very important to prevent infection, however, there are rare cases to cause health damage. If a person has an adverse reaction and needs treatment or cannot perform daily activities due to health damage caused by routine vaccination, he/she can be compensated by the government according to the Immunization Act.

◇ Cautions when receiving the influenza vaccine

(1) Cautions before receiving the vaccination

Please read this notice carefully before receiving the vaccine. If you have any concerns or are not clear about any of the information, consult your physician and be sure you clearly understand all the information before receiving the vaccine.

Enter all the required information on the Influenza Pre-vaccination Check Sheet and take it with you when you go to the medical facility to receive the vaccination. When filling out the Pre-vaccination check sheet, do not use pencils or erasable pens

(2) The following persons should not receive the influenza vaccine.

- ① Persons who are clearly running a fever ($\geq 37.5^{\circ}\text{C}$) .
- ② Persons who are clearly suffering from an acute and/or serious medical condition.
- ③ Persons who have experienced anaphylactic shock following vaccination.
- ④ Persons who have had influenza vaccination in the past and had allergic symptoms such as fever and generalized rash within 2 days.
- ⑤ Other persons whom the physician determines should not receive the vaccination.

(3) The following persons should consult their regular physician when receiving the vaccine

- ① Persons who are being treated for heart, kidney, liver, blood, and other chronic illnesses.
- ② Persons who have suffered a seizure/convulsion in the past.
- ③ Persons who have been diagnosed with immunodeficiency or have close relatives with congenital immunodeficiency.
- ④ Persons who are being treated for respiratory illnesses such as interstitial pneumonia and bronchial asthma.
- ⑤ Persons who are allergic to any of the ingredients contained in the influenza vaccine and/or to chicken eggs, poultry (chicken) or other substances derived from poultry.

(4) Cautions after receiving the vaccine

- ① Some acute reactions may occur within 30 minutes of vaccination. Be sure you will be able to contact the physician immediately during that period, such as by waiting at the medical institution where you received the vaccine.
- ② Most adverse reactions occur within 24 hours of vaccination, so pay attention to your physical condition during that period. If you think you are showing symptoms of an adverse reaction, consult your physician.
- ③ It is safe to take a bath, but take care not to rub the injection site.
- ④ It is safe to carry out normal daily activities, but avoid strenuous exercise and overindulgence in alcohol.
- ⑤ Please keep the "Vaccination Certificate (Personal Copy)" in a safe place as it will be the vaccination record sheet.

◇ About inoculation interval with the COVID-19 vaccine

The vaccination against the COVID-19 is available from Wednesday, October 1, 2025 to Tuesday, March 31, 2026.
You can receive both the COVID-19 vaccine and the influenza vaccine at the same time.

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Please read the front side carefully