Information on vaccination against influenza (flu)

Last update: 04.2026

Vaccine used: Influsplit 2026/2027

General information:

The vaccination serves to prevent the real viral flu (influenza).
This year's vaccine (Influsplit 2026/2027, GlaxoSmithKline GmbH & Co. KG) complies with the current recommendations of the WHO (World Health Organization) for the northern hemisphere and the recommendation of the EU (European Union) for the 2026/2027 season
It contains envelope proteins of the influenza virus strains in their current composition, which are inactivated and thus cannot cause an influenza virus infection.
One dose (0.5 ml) contains influenza virus (inactivated, split) of the following strains:
A/Missouri/11/2025 (H1N1) pdm09-like strain; A/Darwin/1454/2025 (H3N2) -like strain; B/Tokyo/EIS13-175/2025-like strain.
Influsplit may contain traces of ovalbumin, hydrocortisone, gentamicin sulfate, formaldehyde, and deoxycholic acid sodium salt, which are used during the manufacturing process.
This vaccine contains no more than 0.415 mg of polysorbate 80 per dose.

Who should be vaccinated against influenza?

The German Expert Commission for Vaccinations (STIKO = Standing Committee on Vaccination at the Robert Koch Institute) recommends the flu vaccination in particular to people aged > 60, people with increased health risks due to underlying diseases (chronic diseases of the respiratory organs, the cardiovascular system, the liver, kidneys, diabetes or other metabolic diseases, chronic neurological diseases, congenital or acquired immunodeficiency, etc.), people with extensive public traffic, people in medical and nursing areas, people who care for people at risk, pregnant women from the 2nd trimester, etc.
On the website of the Robert Koch Institute - www.rki.de - the current STIKO recommendations on this topic can be read.

Information about the disease:

The flu is an infectious disease caused by viruses with general symptoms and symptoms of the respiratory tract. After infection, the first signs of illness appear within 24 to 48 hours with high fever and severe feeling of illness, headache and muscle pain, respiratory symptoms (difficulty swallowing due to pharyngitis, cough due to inflammation of the trachea and bronchi). Normally, the flu heals within 1 to 2 weeks. Complications (e.g. pneumonia, myocarditis, etc.) are often observed in patients with pre-existing conditions, children and the elderly, which can lead to hospitalization and death. Transmission occurs through droplet infection, direct contact (e.g. handshake) and contact infection via objects.
Through genetic modification, the virus can change its envelope properties. An illness, and also a vaccination, therefore does not leave a long-lasting protection.

What are the benefits of vaccination?

The effectiveness of the flu vaccination has been proven by numerous studies. Protection rates of up to 80% in immunocompetent young adults and 41-63% in older adults were demonstrated, as well as a significant reduction in mortality rate of 48%. Vaccination also protects contacts who are not vaccinated, which also creates a benefit for the general public.

More information on the next page

How is the vaccination carried out?

The vaccine is injected into the upper arm muscles. The vaccination is given with one dose.
Unaccustomed physical exertion should be avoided within two days of vaccination. Otherwise, there is no need for special protection.

Contraindications:

The flu vaccination must not be administered,

- if you are allergic/hypersensitive to any of the active ingredients, components or production residues. These are, for example, ovalbumin, hydrocortisone, formaldehyde, gentamicin sulfate and deoxycholic acid sodium salt.
- if you have had an anaphylactic reaction to a previous flu vaccination.
- if you suffer from an acute illness requiring treatment or a febrile illness. In these cases, vaccination should be postponed to a later date.

Possible side effects:

The vaccine is usually well tolerated. As a result of the natural confrontation of the organism with the vaccine, there may be temporary local reactions (redness, swelling, pain, bruising, hardening) at the vaccination site. Occasionally, general symptoms such as those of a cold occur temporarily (fever, shivering or sweating, fatigue, headache, muscle or body aches, nausea, vomiting, diarrhea). As a rule, these symptoms subside within a few days without consequences.
Very rarely, allergic reactions to the skin and bronchial system are observed, in individual cases up to anaphylactic shock. Also very rarely, inflammation of the blood vessels or temporary thrombocytopenia (reduction in the number of platelets, which is important for the clotting function of the blood), can occur.

If you have any further questions, please contact your company doctor.

Your company doctor
from the
Center for Occupational Medicine Bonn GmbH (CAB Bonn)

This document has been prepared with the help of the following sources:

- Robert-Koch-Institut www.rki.de
- Forum Impfen e.V. www.forum-impfen.de
- Specialist information Influsplit 2026/2027; Rote Liste Service GmbH Fachinfo-Service Mainzer Landstraße 55 60329 Frankfurt