

COVID-19 vaccinations for residents of Helsinki aged 70 and over and their informal carers

– information and instructions about the vaccinations

Helsinki has started vaccinations against the coronavirus disease (COVID-19). COVID-19 can be particularly severe for older persons and persons with illnesses that increase the likelihood of severe infection.

Helsinki will offer vaccinations free of charge to everyone who wishes to receive them, in accordance with the national instructions. The vaccination of residents of Helsinki aged 70 and over, i.e. those born in or before 1951, is under way. The informal carers of those aged 70 and over, provided the carer has received a decision on support for informal care, are also offered vaccinations.

The vaccination will help you protect yourself against COVID-19. The aim of the vaccinations is to alleviate COVID-19 symptoms and prevent severe forms of the disease. The COVID-19 pandemic will only stop once the majority of the population has been vaccinated.

As a Helsinki resident born in 1951 or earlier, or an informal carer to such a person, you will be able to receive the vaccination. The COVID-19 vaccination will be given at a vaccination point by appointment.

Here's how you can receive the COVID-19 vaccination:

- **You can book a vaccination appointment at coronavaccination-en.hel.fi or by calling 09 310 46300 (Mon–Fri at 8–18). Informal carers can only make appointments by telephone.**
- You can choose your preferred vaccination location from the current vaccination points in Helsinki when making the appointment:
 - Jätkäsaari (Tynnenmerenkatu 6)
 - Malmi (Helsinki Vocational College, Vanha Helsingintie 5)
 - Myllypuro (Metropolia campus, Myllypurontie 1)
 - Messukeskus (Northern entrance / Messuparkki, Ratapihantie 17)

The vaccine being used is delivered in two doses. You will receive information about the date of the second dose when receiving the first dose. The appointment booking service will be updated in the near future so that appointments for the administration of both doses can be booked at the same time.

The appointment booking line offers a call-back service. When calling the appointment booking line, you will first be asked to specify the client group that you belong to. If your call is not answered, your number will be automatically saved in the call-back service. There is a delay, but all callers will be called back. We make return calls in the evenings and at weekends as well.

It is safe to visit the vaccination points. Please remember the following when arriving at the vaccination point:

- Come for the vaccination as close to your appointment time as possible.
- Do not come for the vaccination if you have any symptoms of COVID-19. Typical symptoms include fever, coughing, sore throat, shortness of breath, muscle ache, nausea, deterioration of general health, and, as a fairly common symptom, weakened sense of smell or taste.
- Please be prepared to verify your identity with an ID card or similar.
- Wear a mask.
- Take care of hand hygiene.
- Maintain a distance of at least two metres from other people.
- Prepare to stay at the location for at least 15 minutes after the vaccination so that the staff can monitor your condition.
- You can travel to the vaccination point by car, bike, foot or public transport.

If you have contracted COVID-19 in the past, we recommend that you delay the vaccination so that about six months have passed from the start of the symptoms or a positive test result. Even after receiving the vaccination, it remains essential that everyone maintains safe distances, takes care of hand and coughing hygiene, wears a mask, books a test when showing symptoms, and follows all other instructions regarding COVID-19.

If you are a client of home care services, the home care staff will provide information about vaccinations. Depending on your situation, you will be offered the vaccination either at a vaccination point or at home. Residents of assisted living facilities will also be vaccinated on-site; please confirm with the staff whether you will be vaccinated at an assisted living facility.