

# Coronavirus vaccinations of residents of Helsinki aged 16 and above who are susceptible to severe COVID-19 due to an illness

– information and instructions about the vaccinations

**Helsinki is continuing 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 vaccine is now being **offered to people who are 16 years of age or older** who have an **illness or condition that expose to severe COVID-19 (risk group 2)**.

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.

**If you are a resident of Helsinki aged 16 or above and have an illness or condition that makes you susceptible to severe COVID-19, you can now get vaccinated.** 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](https://coronavaccination-en.hel.fi) or by calling 09 310 46300 (Mon–Fri at 8–18).**
- You can choose your preferred vaccination location from the 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 can book the appointments for the administration of both doses at the same time.

The appointment booking line offers a call-back service. If your call is not answered, your number will be automatically saved in the call-back service. All callers will be called back.

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.

Persons who have already had COVID-19 are offered the vaccine after at least six months have passed from the onset of symptoms or the diagnosis of the illness.

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.

**You belong to the group of persons being vaccinated due to illnesses or conditions that make them susceptible to severe COVID-19 if you have:**

1. asthma requiring continuous medication
2. severe heart disease, including heart failure (but not just hypertension)
3. neurological illness or condition that affects breathing
4. immunosuppressive medication for an autoimmune disease
5. severe chronic liver disease
6. type 1 diabetes or adrenal insufficiency
7. sleep apnoea
8. psychotic disorder
9. morbid obesity (body mass index of 40 or above).

**1. Asthma requiring continuous medication**

This group includes asthma patients on continuous medication.

**2. Severe heart disease, including heart failure (but not just hypertension)**

This group includes persons with, for example, heart failure, pulmonary heart disease, pulmonary circulatory disease, cardiomyopathy and coronary artery disease, as well as heart and kidney damage due to hypertension.

However, this group does not include persons who are being treated only for atrial fibrillation, clinically stabilised hypertension or mild valvular insufficiency.

**3. Neurological illness or condition that affects breathing**

This group includes persons with the following illnesses and conditions, when they affect breathing, but is not an exhaustive list: stroke, cerebral haemorrhage, respiratory paralysis, Parkinson's disease, multiple sclerosis (MS), neuromuscular junction and muscular diseases, cerebral palsy (CP) and other stroke syndromes that affect breathing.

**4. Immunosuppressive medication for autoimmune disease**

This group includes, for example, persons with ankylosing spondylitis, rheumatoid arthritis, arthritis, ulcerative colitis, Crohn's disease and psoriasis, if the disease is treated with glucocorticoid tablets taken by mouth or other immunosuppressive medication (cytostatic treatment, biological medication and other similar medication, such as ciclosporin, mycophenolate, azathioprine, methotrexate, tacrolimus).

**5. Severe chronic liver disease**

This group includes persons with, for example, liver failure, fibrosis and cirrhosis of the liver.

**6. Type 1 diabetes or adrenal insufficiency**

This group includes persons with insulin-treated type 1 diabetes and adrenal insufficiency.

**7. Sleep apnoea**

This group includes persons diagnosed with a moderate to severe sleep apnoea disease. A person has moderate sleep apnoea when there are over 15 breathing interruptions or episodes of hypopnea per hour. A person has severe sleep apnoea when there are over 30 breathing interruptions or episodes of hypopnea per hour.

Further information about sleep apnoea (in Finnish):  
[Terveyskirjasto.fi > Sairaudet ja hoito > Lääkärikirja Duodecim > Oireita ja vaivoja > Keuhkot ja hengitystiet > Uniapnea, unenaikaiset hengityskatkot](#)

**8. Psychotic disorder**

This group includes persons with schizophrenia, schizotypal disorder, delusional disorders and other types of mental disorders treated with clozapine.

**9. Morbid obesity (body mass index of 40 or above)**

This group includes persons whose body mass index (BMI) is 40 or higher.

You can find instructions for calculating body mass index (in Finnish) at:

[Terveyskirjasto.fi > Sairaudet ja hoito > Lääkärikirja Duodecim > Terveysten edistäminen > Riskilaskurit ja testit > Painoindeksi \(BMI\)](#)

Research data about the risk factors for the severe form of COVID-19 can be found in the description of each illness or condition on the page for the vaccination order.

The vaccination order of persons susceptible to severe COVID-19 is available (in Finnish) at [Thl.fi > Aiheet > Infektioaudit ja rokotukset > Rokotteet A-Ö > Koronavirusrokotteet eli COVID-19 -rokotteet - Ohjeita ammattilaisille > Vakavalle koronavirusaudille alttiiden rokotusjärjestys](#)

Vaccine entitlement is checked at the vaccination points using the Kanta service or the City of Helsinki patient information system. If you are not a client of the City of Helsinki Social Services and Health Care Division due to your illness or the information of the Kanta service cannot be accessed, the illness or condition that makes you susceptible to severe COVID-19 must be proved otherwise, e.g. with a copy of your patient record. These policies may change.

Please check the latest information at [coronavaccination-en.hel.fi](#)