

## Coronavirus vaccinations for Helsinki residents in risk groups aged 12–15

– information and instructions regarding the vaccinations

**Helsinki continues to vaccinate against COVID-19 caused by coronavirus. In Helsinki free-of-charge vaccines are available for everyone and they are given according to the national guidelines. Now vaccines are given to 12–15-year-olds with an illness or condition that is predisposing or highly predisposing for severe coronavirus infection. Vaccinations of Helsinki residents who have turned 16 continues.**

The vaccine protects you against the illness caused by coronavirus. The aim of the vaccine is to reduce the symptoms caused by a coronavirus infection and prevent the severe forms of the infection. The coronavirus pandemic is over only when the majority of the population has been vaccinated.

Underage persons may decide on whether or not to take the COVID-19 vaccine if a health care professional deems them capable of making the decision, based on age and developmental level. This assessment is made at the vaccination point. In the event that a young person cannot decide on the vaccination, consent from both guardians is required. [You can give the consent with this form.](#)

The vaccines are given at the vaccination points by appointment. The right to be vaccinated is checked at the vaccination point either in the Kanta service or Helsinki's client and patient information system.

How to get a vaccine against coronavirus:

- **You can book the appointment online at [bookcovidvaccine.fi](https://bookcovidvaccine.fi) or by calling the appointment booking number 09 310 46300 (Mon–Fri 8–18).** Persons who are over the age of 12 and have online banking credentials can make the appointment themselves. **You must have turned 12 years and belong to a risk group for coronavirus when you book the appointment.** The guardian can also book an appointment for the child.
- You can choose which vaccination point you want to go out in Helsinki: Jätkäsaari (Tyynenmerenkatu 6), Malmi (Stadin ammattiopisto, Vanha Helsingintie 5), Myllypuro (Metropolia campus, Myllypurontie 1) and Messukeskus (Northern entrance, Messuparkki, Ratapihantie 17).

12–15-year-olds are currently being given the Pfizer-BioNTech Comirnaty vaccine, which is given in two doses. The second dose is given 12 weeks after the first one. You can book the appointment for both at the same time.

The appointment booking number has a callback service. When you call the appointment booking number you must first choose which client group you belong to. If your call is not answered, your number is automatically saved in the callback system. The callback service is busy but everyone will be called. We call clients also in the evenings and at weekends.

It is safe to visit the vaccination points. It's safe to visit the vaccination points. Remember the following when visiting the vaccination points:

- Don't attend your vaccination appointment if you have symptoms of coronavirus. Typical symptoms are fever, cough, a sore throat, shortness of breath, muscle ache, nausea and deterioration of general health. Loss of smell and taste is a quite typical symptom.
- Please dress so that it is easy to access your shoulder.
- Please be prepared to verify your identity with an ID card or similar and take it out while you are waiting.
- Use a face mask.
- Take care of your hand hygiene.
- Keep at least a distance of two metres to others.
- Be prepared to stay for monitoring for at least 15 minutes after the vaccination.

**Please note! Please arrive to the vaccination punctually. There are no separate waiting areas at the vaccination points. Be prepared to que and dress accordingly.**

Persons who have already had a coronavirus infection are offered the vaccine after at least two 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, wear a mask when social distancing is not possible, books a test when showing symptoms, and follows all other instructions regarding COVID-19.

**More information [coronavaccine-en.hel.fi](https://coronavaccine-en.hel.fi).**

## **Do I belong to the group of persons being vaccinated due to illnesses or conditions that make them very susceptible to severe forms of COVID-19?**

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

1. had an organ transplant or stem cell transplant
2. cancer and are undergoing active treatment
3. a severe immunological disorder
4. a severe chronic nephropathy
5. a severe chronic pulmonary disease
6. drug-treated type 2 diabetes or
7. Down syndrome.

#### **1. Organ transplant or stem cell transplant**

##### **You belong to the group of people being vaccinated if:**

- you have had an organ transplant
- you take anti-rejection medication due to stem cell transplant or
- you have had a stem cell transplant during the last six months.

**You do not yet belong to the group of people being vaccinated** if you had a stem cell transplant more than six months ago and you are not taking anti-rejection medication.

#### **2. Cancer undergoing active treatment**

##### **You belong to the group of people being vaccinated if:**

- you are receiving cancer treatment (cytostatic treatment, radiation therapy, biological or hormonal therapy)
- you are waiting for a cancer operation (queueing) or the start of a cancer treatment
- your cancer treatment ended during the last six months or
- you have leukaemia (treated or monitored).

##### **You do not yet belong to the group of people being vaccinated if:**

- you have basal-cell carcinoma (even if the cancer is being actively treated)
- you have prostate cancer or some other cancer (excluding leukaemias) that is being monitored without treatment or
- you have a treated cancer that is in remission.

If you are receiving cytostatic treatment, please contact your designated nurse or treatment unit when it is your turn to get vaccinated.

Coronavirus vaccination is not recommended for persons receiving palliative care.

#### **3. Severe immunological disorder**

**You belong to the group of people being vaccinated** if you have a diagnosed severe hereditary immunodeficiency or decreased immunity for some other reason. Such illnesses and conditions include the following:

- cyclic neutropenia
- some other or unspecified neutropenia
- an immunodeficiency manifested mainly as antibody deficiency
- combined immunodeficiencies
- an immunodeficiency related to other severe deficiencies
- common variable immunodeficiency
- other immunodeficiencies
- APECED syndrome
- congenital asplenia
- acquired absence of some other organ
- your spleen has been removed.
- HIV infection with a CD4 cell count of under 0.350 x 10<sup>9</sup> cells/L.

The above-mentioned illnesses are very rare.

##### **You do not yet belong to the group of people being vaccinated if you have:**

- IgA deficiency
- mannose-binding lectin deficiency or
- partial deficiency of complement factor C4.

#### **4. Severe chronic nephropathy**

##### **You belong to the group of people being vaccinated if you have:**

- uraemia requiring dialysis (Kela compensation number 137)
- severe anaemia related to renal insufficiency (Kela compensation number 138)
- nephropathy caused by hypertension
- heart and kidney disease caused by hypertension
- diseases of the Malpighian body
- long-term tubulointerstitial nephritis
- tubulointerstitial and tubular conditions caused by pharmaceuticals and heavy metals
- long-term renal insufficiency
- unspecified renal insufficiency
- renal complications of diabetes or
- a glomerular filtration rate below 30 due to some other reason (based on repeated measurements).

**You do not yet belong to the group of people being vaccinated** if you have mild or moderate renal insufficiency (GFR 30 or over).

#### **5. Severe chronic pulmonary disease**

You belong to the group of people being vaccinated if you have, for example, long-term chronic obstructive pulmonary disease, pulmonary emphysema, bronchiectasis, long-term bronchitis or cystic fibrosis. Additionally, the group includes people with significantly impaired lung capacity (for example a missing lung). Illnesses and conditions belonging to this vaccination group include the following:

- asthmas whose diagnosis code starts with J45 (first characters of the ICD classification) or J46, provided that you have used corticosteroid medication for worsening asthma during the last year in the form of oral tablets
- long-term ordinary or mucopurulent bronchitis
- unspecified long-term bronchitis
- pulmonary emphysema
- other long-term obstructive pulmonary disease (ICD10codes starting with J44)
- bronchiectasis or
- acquired full or partial absence of a lung.

**You do not yet belong to the group of people being vaccinated** if you have asthma requiring continuous medication but have not needed corticosteroid medication in the form of oral tablets to treat a worsening of the disease during the last year.

#### **6. Drug-treated type 2 diabetes**

**You belong to the group of people being vaccinated** if you have type 2 diabetes requiring treatment with tablets or insulin treatment.

**You do not yet belong to the group of people being vaccinated** if you do not treat your type 2 diabetes with tablets or insulin.

#### **7. Down syndrome (in adults)**

**You belong to the group of people being vaccinated** if you have Down syndrome.

**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, children aged 12-15 whose ISO-BMI  $\geq$  35).

**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, children aged 12-15 whose ISO-BMI  $\geq$  35)**

This group includes persons whose body mass index (BMI) is 40 or higher. This group also includes children aged 12-15 whose ISO-BMI is 35 or above.

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

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

You can find instructions for calculating the children's body mass index (in Finnish)

**[Terveyskirjasto.fi > Sairaudet ja hoito > Terveyskirjaston ohjelmat > Laskurit > Lasten painoindeksin \(ISO-BMI\) laskuri](#)**

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 koronavirustaudille alttiiden rokotusjärjestys](#)**