

This is how you will be vaccinated in Trondheim

In the coming weeks and months all inhabitants in Trondheim will receive an offer to be vaccinated against COVID-19. The aim is that the majority of inhabitants will have been vaccinated before summer.

If you have a mobile phone, you will receive an SMS (text message) when it is your turn to be vaccinated. This message, which will be in Norwegian, is important. If you do not understand what it says, you must ask someone to help you translate it.

This is what you need to know about Trondheim local authority's vaccination plan:

- You must not order a vaccination before you receive the message telling you to do so. You will be contacted when it is your turn to be vaccinated. Then you must go to the local authority's website and book a day and time for your vaccination. You must use your Bank ID (using a bank code token or your mobile phone) to log in.
- If you are unable to log in with your Bank ID, or cannot come to the appointment you have ordered, you can call 90 50 90 52. Remember to state if you need an interpreter at the vaccination.
- You must remember to bring proof of your identity when you come for your vaccination (passport, national ID card, driver's license or bank card with a photograph). **You will not be vaccinated if you have not ordered an appointment in advance.**
- The vaccine is free for all.
- It is important that you attend at the stipulated time, don't be late!
- If you take medicine regularly, bring a list of your medications.
- Information will be given on a continuous basis on the [Trondheim kommune \(local authority\) website](#) about which groups will have priority at any time. The first inhabitants who will be vaccinated during the mass vaccination process will be the 75+ age group.
- The national health authorities determine the order of who will be vaccinated. Residents in nursing homes and others who are of a high age and/or have chronic, serious illnesses have priority.

- Trondheim local authority will carry out the vaccination in *Statens Hus* in Prinsens gate 1 and in several other centres in the city districts. Detailed information will be given about this later.
 - Due to illness or a chronic disability, some people may have difficulty in getting to the vaccination centre. If you already receive assistance from the home-care service (*hjemmetjenesten*), this service will inform you about the vaccination, or you can call telephone 90 50 90 52.
 - All vaccines against COVID-19 will be given twice with some weeks' interval to give maximum protection. The first and the second dose will be booked at the same time. You will also be asked whether or not you want to be vaccinated.
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- At this point in time (as of 20 January 2021), the Norwegian health authorities have approved two vaccines against COVID-19. Both approved vaccinations offer approximately the same level of protection. Additional vaccines are being tested for approval. You will receive the vaccine that is available at the time of your vaccination.
 - The vaccines have been thoroughly tested and approved for use. All vaccines have side effects, but most side effects are mild and temporary. Any side effects experienced from the new vaccines will be monitored carefully by the medical authorities, and in close collaboration with other countries.
 - It is very rare that children become seriously ill from the coronavirus. The first vaccines we are receiving in Norway have not been tested extensively on children and adolescents. It is therefore recommended that children under 18 years of age should not be vaccinated in the first phase.
 - General practitioners (GPs) may eventually be given the responsibility for parts of the vaccination in agreement with the local authority, but the vaccines will primarily be given in the established centres.
 - There will always be competent health personnel in attendance in the vaccination centres.
 - You must be healthy when you come for your vaccination, and you must wear a mask.
 - **You have the right to an interpreter if you need one.** Using an interpreter is free of charge. When it is your turn to be vaccinated, inform us about your need for an interpreter. Interpreters and health personnel are all under the obligation of secrecy. This means that they will not disclose any information about your health.
 - Taking the vaccine is voluntary, even if the central authorities want as many people as possible to be vaccinated.

Questions and answers about the coronavirus vaccine:

Question: Is vaccination voluntary or compulsory?

Answer: All vaccination in Norway is voluntary. This is also the case with the vaccine against COVID-19.

Question: How much does it cost to be vaccinated against COVID-19?

Answer: Vaccination against COVID-19 is free.

Question: Can I choose which vaccine I want to take?

Answer: You will be offered the vaccine that is available at the time you are to be vaccinated. The Norwegian authorities have so far (as of 20 January 2021) approved two vaccines against COVID-19. Both the approved vaccines have approximately the same level of protection. More vaccines may eventually be approved.

Question: Has the vaccine been tested enough?

Answer: The approved vaccines have been tested thoroughly.

Question: Does the vaccine have side effects?

Answer: All vaccines may have side effects, but most are mild and temporary. Read about [approved vaccines and possible side effects](#) (text in Norwegian)

Question: Do children need to be vaccinated?

Answer: No, children and young people under 18 years of age will not be offered vaccination at this time. The exception is children in any of the risk groups.

Question: Has the vaccine been tested adequately on children?

Answer: The two vaccines which have been approved have not been tested on children and young people. Children do not get as ill from the virus as adults do. In the first phase, the vaccination will not be recommended for children and young people under 18 years of age.

Question: When can I expect to be vaccinated? How fast will the vaccinations be given?

Answer: Trondheim local authority has the ambition that those who so want a vaccination and are older than 18 years of age will have been vaccinated by 20 June. The oldest and most vulnerable groups will be vaccinated first, but the exact timing is not yet clear.

Question: Can I get my whole family vaccinated together?

Answer: No, you can only order a vaccination for yourself.

Question: What if I have underlying illnesses, can I still take the vaccine?

Answer: Yes, you can, if you do not have corona-related symptoms, or your regular GP may advise you not to take the vaccine for medical reasons.

Question: What about the elderly and very ill, can they be vaccinated?

Answer: Yes they can, unless there are specific medical reasons that indicate that they should not take the vaccine.

Question: Can I order an appointment for vaccination with my regular GP?

Answer: At the present time we are aiming for as many inhabitants as possible to be vaccinated in the established vaccination centres.

Question: Can the home-nursing service vaccinate me?

Answer: Yes, if you are unable to go to the vaccination centre, the home-nursing service can vaccinate you.

Question: Does the local authority offer transportation to and from the vaccination centre if I am unable to get there on my own?

Answer: No, you must arrange for transportation yourself. People who are ill or disabled will be offered vaccination at home.

Question: Can I have someone with me?

Answer: No, due to the need to protect against infection, anyone who accompanies you must wait outside the vaccination centre. An exception may be made to this in special cases.

Question: Can I get a document as proof that I have been vaccinated in case I will be travelling, for insurance etc.?

Answer: Yes, you will be able to receive a vaccination card.

Question: When and how will I be informed when it is my turn?

Answer: You will be contacted when it is your turn by SMS/text message. If you do not understand what the message from the local authority says about vaccination, you can call 90 50 90 52. You can also click on the website link in the message sent to you to check for more information on the website.

Question: How long should I expect the vaccination session to be?

Answer: The vaccination only takes a few minutes. After you have been vaccinated, you must wait for 20 minutes so that we can be certain that everything has gone well.

Question: Can I leave immediately after I have been vaccinated?

Answer: You must wait 20 minutes before you can leave the vaccination centre.

Here you will find more information about the COVID-19 vaccination in Norwegian:

<https://www.fhi.no/sv/vaksine/koronavaksinasjonsprogrammet/koronavaksine/>

The Coronavirus immunisation programme: <https://www.fhi.no/en/id/vaccines/coronavirus-immunisation-programme/who-will-get-coronavirus-vaccine-first/>

Statistics on the various age groups in Trondheim:

85 years and older: 1214 men and 2347 women

75-84 years: 4103 men and 4988 women

65-74 years: 8342 men and 9082 women

55-64 years: 10692 men and 10813 women

45-54 years: 13523 men and 12956 women

20-44 years: 43034 men and 38528 women

This overview does not include information about people with underlying illnesses/-conditions. Nor have residents in nursing homes and selected health personnel groups been sorted out. If you would like to know more about this, you can read about the order in which vaccination will be given here (in Norwegian):

<https://www.fhi.no/sv/vaksine/koronavaksinasjonsprogrammet/hvem-kan-fa-koronavaksine/>

In English:

<https://www.fhi.no/en/id/vaccines/coronavirus-immunisation-programme/who-will-get-coronavirus-vaccine-first/>

All information given here will also be posted on the Trondheim local authority website: <https://www.trondheim.kommune.no/>