

COVID-19 vaccinations in Helsinki

– information and instructions about the vaccinations

Helsinki is continuing vaccinations against the coronavirus disease (COVID-19).

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.

If you are a resident of Helsinki over the age of 12 or in a risk group and aged 5–11, you can now get vaccinated. Here's how you can receive the COVID-19 vaccination:

- **If you are over the age of 12, you can get your first and second dose of the vaccine without an appointment at any vaccination point or pop-up point.**
- **You can also book an appointment for the vaccination at bookcovidvaccine.fi or by calling +358 9 310 46300 (Mon–Fri 8:00–16:00).** The appointment booking line offers a call-back service. We make return calls in the evenings and at weekends as well.

You can choose your preferred vaccination location from the current vaccination points in Helsinki:

- Jätkäsaari (Tynnenmerenkatu 6),
- Kannelmäki (Kaustisenpolku 6A),
- Malmi (Helsinki Vocational College, Vanha Helsingintie 5),
- Myllypuro (Metropolia campus, Myllypurontie 1).

See the opening hours of the vaccination points at www.hel.fi/sote/koronarokotus-en/vaccination-points.

The vaccines being used are delivered in two doses. The interval between the doses is 6–12 weeks. The vaccine is free of charge and voluntary.

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

- 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.
- Wear clothes that make it easy for you to expose your upper arm.
- Please be prepared to prove your identity with an identity or Kela card and have your card ready as you wait.
- 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.

Please note! If you have booked an appointment, arrive on time for your vaccination. The vaccination facilities do not have separate waiting areas. Wear weather-appropriate clothes and prepare to wait in the queue. Please make sure you are sufficiently hydrated before receiving your vaccine.

Those who have already been diagnosed with COVID-19 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, wears a mask and follows all other instructions regarding COVID-19.

More information on COVID-19 vaccinations in Helsinki: coronavaccination-en.hel.fi.

