

## COVID-19 vaccinations for residents of Helsinki aged 45 and over

– 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 vaccination is now being offered to residents of Helsinki turning 45 or older this year, i.e. residents born in and before 1976.** Vaccinations are also continuing for persons belonging to risk groups due to illness.

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 1976 or earlier, 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 8:00–18:00).**

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 can book the appointments for the administration of both doses 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:

- 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! Arrive on time for your vaccination. The vaccination facilities do not have separate waiting areas. Wear weather-appropriate clothes and prepare to wait in line.**

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.

More information on COVID-19 vaccinations in Helsinki: [coronavaccination-en.hel.fi](https://coronavaccination-en.hel.fi).

