

Coronavirus vaccinations of Helsinki residents

– 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.

As a Helsinki resident aged over 12, you are entitled to receive the vaccination.

Here's how you can receive the COVID-19 vaccination:

- **You can receive the first vaccine dose without appointment at all vaccination points and pop-up points.**
- **You can also book a vaccination appointment online at coronavaccination-en.hel.fi or by calling 09 310 46300 (Mon–Fri 8:00–18:00).**
- **PLEASE NOTE!** You must be 12 or older when booking the appointment.

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

- Jätkäsaari (Tyynenmerenkatu 6),
- Malmi (Helsinki Vocational College, Vanha Helsingintie 5),
- Myllypuro (Metropolia campus, Myllypurontie 1),
- Messukeskus (northern entrance, Messuparkki, Ratapihantie 17).

See the opening hours of the vaccination points at

www.hel.fi/sote/koronarokotus-en/vaccination-points.

The vaccine being used is delivered in two doses. The vaccine is free of charge and voluntary.

The appointment booking line offers a call-back service. 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! 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.**

