

Vaccination against Covid-19

The pandemic is not over. Vaccination is the most effective way to avoid becoming seriously ill or dying from COVID-19. Vaccination can also help reduce the spread of COVID-19 in society. That is why it is important that many people choose to get vaccinated.

Vaccines are very safe drugs and the vaccines against COVID-19 have been carefully tested.

You do not have to pay for COVID-19 vaccination. To get good protection against COVID-19, you need two doses of the vaccine. You will receive the doses 4-7 weeks apart.

When can I be vaccinated?

Everyone born in 2005 or earlier is offered vaccination and can make an appointment or get a walk-in vaccination. You do not have to be a Swedish citizen to get the vaccine. People who temporarily live in the country, who seek asylum or are in Sweden without a permit are also offered free vaccination.

It is recommended that you get vaccinated even if you have had COVID-19.

During the autumn, children aged 12-15 will be offered vaccines. The vaccination will in most cases be done at the county's schools. Information on how the vaccination will be carried out will be available on 1177.se before it starts.

Book an appointment

You can get vaccinated at any health centre in Västerbotten County

You book an appointment for the first dose yourself. You will be given an appointment for the second dose by the health care staff during your visit

You book an appointment by logging in to 1177.se with e-identification or by calling any health centre. If you do not have the opportunity to book an appointment online or call, you can visit a health centre to book an appointment.

You cannot call 1177 to book an appointment.

Walk in

You can also get the walk-in vaccination that is offered in some places.

If you want to take your second dose via drop-in after taking your first outside Västerbotten County, you must also bring your vaccination card or an extract from your medical record.

Remember - if you have a previously booked vaccination appointment, you must cancel it yourself if you choose to be vaccinated via drop-in.

You will find all the times you can book online and all the

times and places for drop-in at vaccinationsbokning.regionvasterbotten.se (Page in Swedish)

Book an appointment online

When you log in to 1177.se to book an appointment, the information is in Swedish. If you cannot read in Swedish, you can ask someone you know for help to make the booking online. You can also call the health centre to book an appointment.

Here's how to book an appointment at 1177.se:

1. Go to the page vaccinationsbokning.regionvasterbotten.se (page in Swedish). There you can see an overview of free times for all health centres.
2. For each health centre that has free hours, it is stated which date there are free times and how many times there are. The number of available slots is marked in green.
3. Use the link "Book an appointment for vaccination against COVID-19" for the health centre you choose.
4. Log in with e-identification.
5. Answer a form with some questions. The questions are in Swedish.
6. Select "COVID-19 vaccination dose 1".
7. Choose a free time to book.

Book an appointment by calling the health centre

You can book an appointment by calling any health centre. It does not have to be the health centre you usually go to. You cannot call 1177 to book an appointment.

When you call, you can speak Swedish or English. Ask someone you know for help booking an appointment if you do not speak any of those languages yourself.

If you do not have a Swedish personal identification number

You can get vaccinated even if you do not have a Swedish personal identity number. You book an appointment by going to a health centre or get walk-in vaccination. Bring some type of identification such as an LMA card or EU card. If you have a coordination number, you also bring it. The health service will give you a temporary number which you will need to keep until you receive your second



dose of vaccine. If you have a spare number that you received during previous contact with the health service, you can use it. The number is only used in the health service and cannot be used or traced by any other authority.

Rescheduling or cancellation

It is important that you arrive at your booked time as the vaccine has been reserved for the person who made the booking.

However, if you have symptoms that may indicate COVID-19, do not get vaccinated. In that case, you should cancel your time and instead submit your test. Information on how to submit a sample for COVID-19 can be found at 1177.se.

You cancel your appointment in the same way as you booked it. Please note that the health centres have a limited opportunity to offer a new time for dose two. It can therefore take several weeks until you get a new appointment.

You cannot call 1177 Vårdguiden by phone to cancel your appointment.

If you need to reschedule the time for dose two, you can do so online at some health centres. You can see if you can reschedule the time yourself by logging in to 1177.se. Otherwise, you can call the health centre to get a new appointment.

If you are ill and need to reschedule your appointment less than 24 hours before your visit, you must always call the health centre.

If you do not come for a booked appointment or cancel too late

If you do not arrive at your booked time, you will have to pay a fee. The same applies if you cancel the time less than 24 hours before your visit. The fee is SEK 250.

Things to consider before vaccination

- Bring your ID and a completed health declaration. You will find a link to the health declaration in your language at 1177.se/other-languages. You can also get a health declaration to fill in during your vaccination visit.
- If you have taken your first dose outside Västerbotten County, you must bring your vaccination card or extract from your medical record.
- If you are under 18 years of age and have difficulty understanding oral and written information or following instructions, you will need approval from your guardian with a consent form if you come for the vaccination yourself. Children aged 12-15 need the approval of both guardians. The form is in Swedish and can be downloaded at 1177.se.
- Wear clothes that make it easier to get your shot in your upper arm. For example, a short-sleeved shirt.
- Do not come to the clinic if you have symptoms of COVID-19. In that case, reschedule your appointment instead.
- Arrive no earlier than ten minutes before the booked time to avoid congestion. Remember to keep your distance from others as you wait your turn.
- The staff you meet speak Swedish and English. You have the opportunity to get an interpreter. You must tell the staff when you book your appointment.

- All healthcare staff you meet have a duty of confidentiality. This means that they are not allowed to tell any person outside the health care system about your care and treatment. This applies regardless of whether you are a Swedish citizen or not.

- Use an approved mask when vaccinating. If you need someone to come with you, the same goes for them.

Only bring an accompanying person to the vaccination if you have to.

After vaccination

You may experience a sore arm, a headache and get tired the first day after the vaccination. You may also feel cold, have a fever or have pain in your joints and muscles.

There are usually mild ailments that disappear within a few days. Stay home as long as you have symptoms. If the symptoms do not go away within a day, you need to provide a sample. This is to find out if you have COVID-19, for instance, because you became infected before you were vaccinated.

Continue to follow the advice for reducing the spread of COVID-19

You must follow the authorities' advice until you are fully vaccinated. You should keep your distance and avoid close contact with people who are 70 years and older or who have an illness or a condition that puts them at risk of becoming seriously ill.

It takes one to two weeks after the last injection of the vaccine for you to be well protected. There is a small risk that you will get the disease even if you are vaccinated.

There is also a small risk that you will spread the virus even if you are not ill, for instance, if you have got it on your hands.

It is not known how long the vaccine protects you.

Multilingual helpline

If you have general questions about COVID-19 and vaccination, you can call 08-123 680 00. You can get help in the following languages: Amharic, Arabic, Bosnian, Croatian, Dari, English, Persian, Russian, Serbian, Somali, Spanish or Tigrinya. The telephone line is open Monday to Friday from 9 am to 3 pm.

1177.se/other-languages



More information online

More information about the COVID-19 vaccine can be found at lakemedelsverket.se/en/this-is-what-applies-to-corona-vaccine (page in English)

Contact information for health centres can be found at 1177.se/hitta-varld