

## Vaccination against Covid-19

Covid-19 is an infectious disease. Vaccination is the most effective way to avoid becoming seriously ill or dying from the disease. Vaccination can also help to reduce the spread of Covid-19 in the community. That is why it's important that as many people as possible choose to be vaccinated.

A vaccine is a very safe medication, and the vaccines against Covid-19 are carefully tested.

You do not have to pay for the vaccination against Covid-19. In order to be well protected against Covid-19, you need to have two doses of the vaccine. You are given the doses with an interval of 7 weeks.

### When can I be vaccinated?

Everyone aged 18 or older will be offered vaccination. You do not need to be a Swedish citizen to be vaccinated. You are also offered free vaccination if you are staying temporarily in the country, seeking asylum, or are in Sweden without a permit.

It is recommended to get the vaccine even if you have had Covid-19.

The very elderly or those with a high risk of becoming seriously ill from Covid-19 are vaccinated first. At [1177.se/vasterbotten/other-languages](https://1177.se/vasterbotten/other-languages), there is information on who is being vaccinated right now.

### How to book an appointment

You can be vaccinated at a health centre of your choice in Västerbotten County, or at a central vaccination clinic in Umeå. In some places you can also be vaccinated by Vaccina. This is a company that provides Covid-19 vaccinations on behalf of Region Västerbotten.

You receive your two doses at the same health centre or vaccination clinic. You book an appointment for the first dose yourself. The number of appointments available depends on how much vaccine Region Västerbotten receives every week. You will be given an appointment for your second dose 7 weeks after your first dose. Care staff will make an appointment for the second dose when you are given the first dose. You cannot choose a time for the second dose yourself. If you are unable to get a vaccination 7 weeks after the first dose, you should book another appointment for dose 1.

You book appointments by logging into [1177.se](https://1177.se) with electronic identification, on Vaccina's website, or by calling the health centre of your choice. If you are unable to book an appointment online or by phone, you can do so by visiting a health centre.

You cannot call 1177 to make an appointment.

### If you do not have a Swedish personal identity number

You can still be vaccinated even if you do not have a Swedish personal identity number. You book an appointment by

attending a health centre of your choice. You will need to show some form of ID, such as an LMA card or EU card. Take your co-ordination number along, if you have one. The health care centre will give you a temporary number, which you need to keep until you have been given the second dose of the vaccine. If you have a reservation number from previous contact with the care centre, you can use this. The number is only used in the health care service, and cannot be used or saved by any other authority.

### Book an appointment online

When you log onto [1177.se](https://1177.se) to book an appointment, the information is given in Swedish. If you do not speak Swedish, you can ask someone you know to help you to make the booking online. You can also call the health centre to make an appointment.

How to book an appointment on [1177.se](https://1177.se):

1. Go to the page [vaccinationsbokning.regionvasterbotten.se](https://vaccinationsbokning.regionvasterbotten.se) (in Swedish). This will show you a list of available time slots for all health centres and vaccination surgeries.
2. For each health centre and vaccination clinic, the dates and the number of available appointments will be shown. Available appointments are marked green.
3. Use the link "Boka tid för vaccination mot covid-19" for the health centre or vaccination clinic you choose.
4. Use your electronic identification to log in.
5. Answer some questions on a form. These questions are in Swedish.
6. Select "Covid-19-vaccination dos 1".
7. Choose an available time slot.

You cannot log onto Vaccina's site by logging onto [1177.se](https://1177.se). The page [vaccinationsbokning.regionvasterbotten.se](https://vaccinationsbokning.regionvasterbotten.se) contains information on where Vaccina is located. There are also links for booking an appointment.

### Book an appointment by calling the health centre

You can book an appointment by calling a health centre of your choice. This does not need to be the health centre you normally use. The health centre can also help you to book an appointment at a central vaccination clinic. You cannot call 1177 to make an appointment.



When you call, you can speak in Swedish or English. Ask someone you know to help you to book an appointment if you do not speak either of these languages yourself.

The health centre staff cannot help you to make an appointment with Vaccina

### Rescheduling or cancellation

It is important that you attend at the appointed time, as the vaccine is reserved for the person who booked.

But you cannot get a vaccination if you have symptoms of Covid-19. In such case, you should cancel the appointment and provide a sample instead. Information on how to provide samples for Covid-19 is available at 1177.se.

You cancel an appointment in the same way as you booked it. Note that the health centres and vaccination surgeries have limited opportunity to offer a new time for dose 2. You may therefore have to wait several weeks for a new appointment.

You cannot telephone the 1177 Vårdguiden to cancel an appointment.

If you do not attend an appointment, or if you book too late

If you do not turn up for your appointment, you will be charged a fee. The same applies if you cancel the appointment less than 24 hours before your appointment.

The fee is SEK 250.

### Things to think about before being vaccinated

- 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 may also get a health declaration to complete during your vaccination appointment.

- Wear clothes that make it easy to access your upper arm during vaccination. For example, a short-sleeved sweater. Do not come to the clinic if you have Covid-19 symptoms. Reschedule your appointment instead.

- In order to avoid crowding, don't come any earlier than ten minutes before the appointment. Remember to keep a distance from others when waiting your turn.

- The staff you meet speak Swedish and English. If you are vaccinated at a health centre, an interpreter can be provided. In such case, you must inform the staff when booking your appointment.

- All care staff you meet are bound by a duty of confidentiality. This means that they may not tell anyone outside the health care service about your care and treatment. This applies regardless of whether you are a Swedish citizen or not.

- Use a face mask when you come for the vaccination. If you need anyone to accompany you, the same applies to them.

Please only bring accompanied person with you if it's necessary.

### After the vaccination

For the first twenty-four hours after the vaccination, you may have a sore arm, feel tired and have a headache. You may also feel cold, have a fever or have joint and muscle aches. These are typically mild problems that go away within a few days. Stay at home as long as you have symptoms. If the symptoms do not go within 24 hours, you will need to provide a sample. This tells you whether you have Covid-19, for example, if you

were infected before being vaccinated.

### Continue to follow the advice on how to reduce the spread of Covid-19

You need to follow the advice given by the authorities even after you have received the vaccination.

It takes one to two weeks after the last injection for you to be well protected. Even if you are vaccinated, there is a slight risk of you catching the disease.

There is also a slight risk of you spreading the disease even if you are not ill, for instance if you have got the virus on your hands.

It is not known for how long the vaccine protects you.

### Phone line in several languages

If you have any general queries about Covid-19 and the vaccination, you can phone 08-123 680 00. You can get help in the following languages: Amharic, Arabic, Bosnian, Croatian, Dari, English, Persian, Russian, Serbian, Somalian, Spanish or Tigrinya. The phone line is open Monday to Friday, between 09.00 and 15.00.

[1177.se/other-languages](https://1177.se/other-languages)



You can find more information about vaccination against covid-19 at

[lakemedelsverket.se/en/this-is-what-applies-to-corona-vaccine](https://lakemedelsverket.se/en/this-is-what-applies-to-corona-vaccine) (page på engelska)