



Important information to inhabitants
of Østre Toten municipality

23 April 2021

Vaccination against covid-19 i Østre Toten

Until now, the vaccination in Østre Toten has taken place at the medical centers. Over the spring and summer, we hope to get far more vaccine doses. We therefore move the vaccination to a place where we can carry out mass vaccination.

In this letter, you will learn more about how the vaccination will take place from now on, and about how to register in the vaccine queue to get an appointment for vaccination.

Why should you get vaccinated?

Covid-19 is a contagious and potentially very serious disease. Østre Toten municipality recommends that as many people as possible take the vaccine. By getting vaccinated, you avoid getting seriously ill.

You can infect others even if you have been vaccinated. It is therefore important that you continue to follow the infection control rules after vaccination. You can also be quarantined even if you have been vaccinated. [You will find more information about infection control, testing and quarantine on the municipality's website.](#)

Sign up for vaccination now!

We kindly ask all residents born **from and including 1957 to and including 2003**, who have not already received a vaccine or have made an appointment for vaccination, to register in the vaccine queue.

[You will find a link to the digital registration on the municipality's website.](#) You will also find instructions on how to register on page 4 of this document.

We ask that you also register if you do NOT want to be vaccinated, so that we know that you have received this information. If you change your mind later, you can re-register.

You must have a BankID to register. If you do not have this, you can ask someone you know well for help, as it is possible to register on behalf of others.

It is important that you enter the correct health information about yourself when you register, to ensure that you are placed in the right priority group. If you are in doubt about any of your health information, contact your GP (doctor) for assistance.

Once you have registered, and it is your turn to be vaccinated based on the order of vaccination, you will receive an SMS with information on how to make vaccination appointments. **It may take several weeks from the time you register until you receive this SMS**, depending on how many vaccine doses we receive in the weeks to come.

If you want to be vaccinated, but do not have the opportunity to register on your own or with help from others, please call the municipality's switchboard for help.

Do you have a GP (doctor) in another municipality?

If you have a GP in another municipality, you must register in the vaccine queue in the same way as other residents of Østre Toten.

When can you expect to be vaccinated?

We vaccinate in accordance with national guidelines. [On the National Institute of Public Health web page you will find an overview of this order.](#) Østre Toten will start the vaccination of group 5 (ref. web page) in the beginning of May.

Within each group, we vaccinate mainly by age. You will find information about the vaccination progress on the municipality's web site www.ostre-toten.kommune.no or [on our facebook page](#).

How long it will take to vaccinate each group depends on how many vaccine doses we will receive. It may take several weeks from the time we start vaccinating a new group until everyone in this group has been vaccinated.

When you live in Østre Toten, you will receive both doses of the vaccine here. You can not get dose 2 in another municipality because you are on holiday. **You must therefore plan your summer holiday based on this.**

Where and how does the vaccination take place?

- Everyone under the age of 65 will be vaccinated in **Silogata 24** in the center of Lena (near Lena square).
- There will be parking signs near the premises. We recommend that those with good physical health park a little further away from the premises, to avoid traffical issues.
- You must organize the ride to and from the vaccination site yourself. Travel expenses will not be covered.
- Arrive at the agreed time. Do not arrive more than 5 minutes before your appointment.
- Notify us as soon as possible if you are prevented from showing up for your appointment, to prevent the vaccine dose from being wasted.
- Cancel your appointment via the link in the SMS that confirmed your appointment.

- You must be healthy without symptoms of respiratory infection when you are to be vaccinated.
- Everyone should wear a face mask in the vaccination area. Infection control rules must be followed. Please keep a distance of 2 meters from others.
- Wait in your designated seat for 20 minutes after the vaccine has been given.
- Dose 2 must be taken after a certain number of weeks, to get the full effect of the vaccine. You should book an appointment for dose 2 at the same time as you book for dose 1.

The vaccine and vaccination are free of charge. Only the municipality administers vaccines. If you are contacted by someone who offers you a vaccine against prepayment, this is a fraud attempt.

About the corona vaccine

The vaccine currently in use is given twice a few weeks apart. The vaccine takes full effect between one and two weeks after the last dose. Other vaccines may come later that should only be given once.

We use the type(s) of vaccine approved for use in Norway at all times. [Updated information about this may always be found on the municipality's website.](#)

All vaccines can cause side effects. Most side effects are mild, short-lived and occur one to three days after vaccination. Known side effects of the coronary vaccine include injection site pain, fatigue, headache, muscle aches, joint pain, chills and fever.

It is voluntary to take the vaccine. The vaccine is approved by European and Norwegian authorities, and is safe. If you have medical questions related to the vaccination, you must contact your GP.

Do you have any questions?

You will find comprehensive information about vaccination and the current status of vaccination progress [on the municipality's website](#). If you still have questions, please send an e-mail to korona@ostre-toten.kommune.no or call the municipality's switch board on telephone no. 611 41 500.

Kind regards,
for Østre Toten municipality

Karin Frydenberg
Infection Control Doctor

Hege Kathinka Trættemberg
Vaccine Coordinator

How to register in the vaccine queue and to book an appointment

- On this web page <https://www.ostre-toten.kommune.no/covid-19/vaksinering> you will find a link to the registration.
- Did you manage to register any errors? Close the registration window and re-start the registration.
- Only persons born in the years from 1957 to 2003 should register. If you have already received at least one vaccine dose or are scheduled for vaccination, you do not need to register.
- Log in with your BankID
- The first time you use the registration solution, you will get a window with questions about agreeing to various things. To be able to register you must state that you accept the first three options on the list (this is the automatic choice. You can leave the other two options unchecked (the automatic selection).
- Choose whether to register yourself or someone else. If you are to register another person, you must have some personal information about that person (see three points further down).
- State that you are under 65 years of age and whether you want to receive the vaccine or not.
- If you register that you do not want the vaccine, you will not lose the opportunity to get vaccinated later, but you will not be contacted to make an appointment. You may change your mind at any time and inform us that you want to take the vaccine, by re-registering.
- If you state that the person you register wants the vaccine, you will be asked questions about birth number (11 digits), address, doctor, life situation, health, etc. of the person you register (yourself or someone else).
- It is important that you enter the correct health information, so that we ensure that you are placed in the correct priority group. If you are in doubt about any of your health information, contact your GP for assistance. You can cancel the registration and restart it later. This also applies even if you have received confirmation that the registration has been completed.
- This information will be stored in your personal journal in Helseboka.no, and will only be available to authorized personnel in Østre Toten municipality. On the municipality's website, you can read more about how Helseboka.no processes your personal data. You can request that the information about you be deleted when the vaccination is over.
- When the registration is complete, you will receive an SMS about this.
- When it's your turn to get vaccinated, you will receive an SMS with a link to make an appointment. Click on the link in the SMS to order make an appointment. Choose a time point that suits you. Do this as soon as possible after receiving the SMS. You will also receive a separate SMS for registering important health information.
- Please make two vaccination appointments in the same order - both for dose 1 and for dose 2 (to be taken a few weeks later). The registration solution controls the time window so that you get the right distance between the two vaccine doses.
- You will receive a new SMS with confirmation of the appointments. Wait to close the browser until you have received this confirmation.

- It may take several weeks from the time you register in the vaccine queue until you are offered to take the vaccine. How long it will take depends on how many vaccine doses the municipality receives in the weeks to come. We will therefore not be able to state in advance when the different age groups will be vaccinated.
- If you do not have the opportunity to attend the scheduled appointment, you must cancel this as soon as possible by using the link in the SMS you received with confirmation of the appointment.