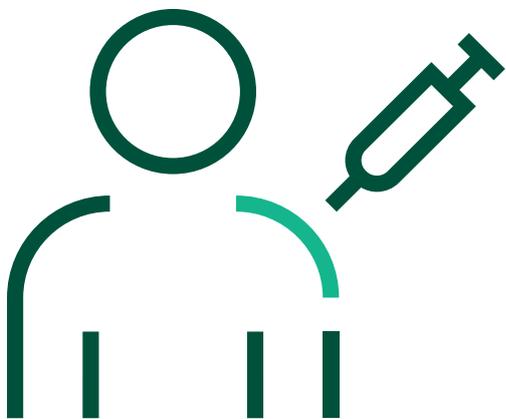


# Vaccination against COVID-19



6 April 2021

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## Why should I be vaccinated?

COVID-19 is caused by a new virus that infects humans. Therefore, we are not immune to the infection, so COVID-19 has been able to spread like a pandemic.

Only a small proportion of the Danish population has had COVID-19, and we do not know for sure whether those who have been infected are fully protected from being reinfected at a later date.

Anyone can become infected with COVID-19. And anyone can become ill from COVID-19. However, some people are at a particularly high risk of becoming seriously ill and dying if they become infected.



**The Danish Health Authority recommends vaccination against COVID-19 because it protects you from becoming infected and ill with COVID-19.**

**The more people who are vaccinated, the better we will be able to control the epidemic.**

**Vaccination is free of charge, and it is entirely voluntary whether you accept the offer of vaccination.**

## Will I be offered vaccination?

Everyone in Denmark is being offered vaccination against COVID-19, including non-Danish citizens. It is important that as many people as possible are vaccinated so that we can control the epidemic. However, we are generally not offering vaccination to children under 16 years of age or to pregnant or breastfeeding women because the vaccines have not been tested and approved for these groups.



The Danish Health Authority's vaccination calendar will continuously be updated so that you can keep track of when it will be your turn: [www.sst.dk/vaccinationskalender](https://www.sst.dk/vaccinationskalender)

## How will I be notified about vaccination?

You will be notified via your e-Boks when it is your turn, and you can book a vaccination appointment at [www.vacciner.dk](http://www.vacciner.dk). If you are exempt from receiving Digital Post, you will get a letter in the mail and can make an appointment by phone.



When you are able to book an appointment, it may be hard for you to find available times. If so, please try again later, as new times are continually being added to the system.

If you do not accept the offer of vaccination immediately, you will not lose the opportunity to be vaccinated free of charge later on. However, the Danish Health Authority recommends that you take up the offer as soon as you receive it, as it is important that as many people as possible are vaccinated quickly so we can keep the epidemic under control.

## How does the vaccination take place?



1. Show up at the vaccination centre at the time specified. Bring a face mask and your yellow health insurance card.



2. Various healthcare professionals can give the vaccine, but they will always be working under the responsibility of a doctor.



3. As a rule, the vaccine will be injected into your main shoulder muscle.



4. Wait nearby for at least 15 minutes after you have been vaccinated, so the healthcare professionals can help you if you have an allergic reaction.

## What should I be particularly aware of?



- 1. We do not recommend COVID-19 vaccinations for children under 16 years of age as well as for pregnant and breastfeeding women** as the vaccines have not yet been thoroughly tested for these groups. If there is the possibility that you are pregnant, talk to a doctor before being vaccinated. In exceptional cases, for example if a child or pregnant woman has a serious disease, a vaccination may be offered based on an individual, medical assessment.



- 2. If you have a known severe allergic reaction (anaphylaxis)** to one or more of the active ingredients in the vaccines, such as macrogol or PEG, or if you had an anaphylactic episode after the first dose, then you should not be vaccinated.



- 3. If you have too few platelets or a disease such as haemophilia,** you may be at higher risk of blood accumulation if you are vaccinated. Therefore, talk to a doctor before you are vaccinated.

## When should I postpone the vaccination?



- 1. If you have a high fever (at least 38°C) or an acute severe infection** such as pneumonia, you must postpone being vaccinated. You may be vaccinated if you only have a slight fever or a light infection such as a common cold, but you must always consider whether you may have COVID-19.



- 2. If you have COVID-19, you must postpone the vaccination.**



- 3. If you have been tested because of suspected COVID-19 or because you have been in close contact with someone who has COVID-19,** you must postpone the vaccination until you have received a test result. If your test is negative, you can be vaccinated, but if it is positive, it is recommended that you wait at least one month after you have stopped feeling ill.



## What are the possible side effects?

All vaccines have side effects, but not everyone who is vaccinated experiences side effects. In general, the side effects are mild and transient, and we consider the COVID-19 vaccines to be very safe and well documented. The most common side effects that people may experience when being vaccinated with either one of the COVID-19 vaccines are listed below.

Examples of common side effects	
Local reactions	General reactions
<ul style="list-style-type: none"> <li>• Pain and redness at the injection site</li> </ul>	<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Headache</li> <li>• Muscle and joint pain</li> <li>• Chills</li> <li>• Slight temperature increase</li> </ul>
Examples of rare side effects	
<ul style="list-style-type: none"> <li>• Severe allergic reactions</li> <li>• Difficulty breathing</li> <li>• Skin rashes</li> <li>• Facial swelling</li> </ul>	



Most people will experience pain at the injection site. Many people will experience general reactions such as muscle pain or a slight fever, which are generally signs that your body's immune system is reacting as it should to the vaccine. You do not need to call your doctor if you experience these known and transient side effects.

In rare cases, you may experience a severe allergic reaction immediately after you have been vaccinated. If you have a severe drug allergy, for example, you should be aware of this before being vaccinated. Emergency staff will always be on hand at the COVID-19 vaccination centres to deal with any severe allergic reactions.

There is a slight difference between which side effects and reactions are most common with the different vaccines. Read more at [sst.dk/en/English/Corona-eng/Vaccination-against-COVID-19](https://sst.dk/en/English/Corona-eng/Vaccination-against-COVID-19).

## Which vaccines can I get?

You will be offered one of the COVID-19 vaccines which are approved for use in Denmark.

	Comirnaty®	COVID-19 Vaccine Moderna®
<b>Type</b>	RNA vaccine	RNA vaccine
<b>Developed by</b>	The German company BioNTech in collaboration with the US company Pfizer	The American company Moderna
<b>Produced in</b>	Germany and Belgium	Spain and Switzerland
<b>Approved for</b>	People aged 16+ – except pregnant and breastfeeding women	People aged 18+ – except pregnant and breastfeeding women
<b>Number of doses for full effect</b>	2	2
<b>Period between vaccinations</b>	3-6 weeks	4-6 weeks
<b>Full effect achieved</b>	7 days after second injection	14 days after second injection



## Can I choose which vaccine I want to have?

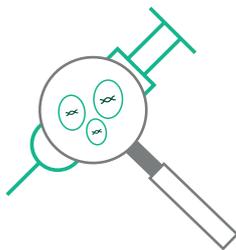
Because we only receive limited vaccine supplies, and because the vaccines have to be stored and handled under very specific conditions, we need to keep the distribution of vaccines under strict control. Every dose counts, and we do not want to waste any vaccine, which is why you cannot choose which vaccine you will be given. The same also applies to the childhood vaccination programme and other free vaccination programmes in Denmark. For the time being, all COVID-19 vaccines supplied to Denmark will be distributed under the free vaccination programme, and it will therefore not be possible to buy the vaccine on prescription.

## How do the vaccines work?

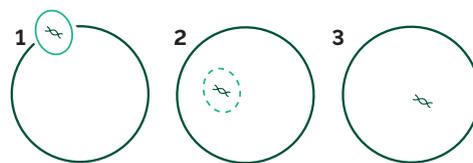
The approved COVID-19 vaccines contain small strands of genetic code made from so-called nucleic acids (RNA or DNA), which are naturally occurring substances in the human body. In the Comirnaty® and COVID-19 Vaccine Moderna® vaccines, the strands of code are encapsulated in fats.

Once the strands of genetic code enter the body's cells, the code is translated to a protein which is specific to novel coronavirus. These proteins stimulate the body's immune system to make protective antibodies and special immune cells so that the immune system can recognise and break down the virus if you become infected at a later date.

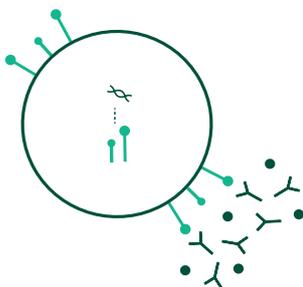
The strand of code and the excipients in the vaccine are quickly broken down by the body after they have performed their task.



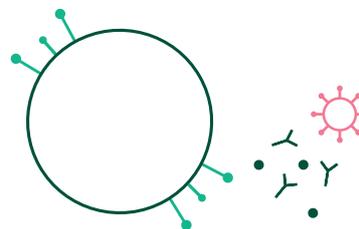
1. The vaccine contains small strands of code.



2. The encapsulation helps to bring the strand of code inside the body's cells. The encapsulation is then quickly broken down by the body's enzymes.



3. The small strands of code cause the cell to produce new proteins, which settle on the outside of the cell and stimulate the body's immune system to form antibodies and immune cells.



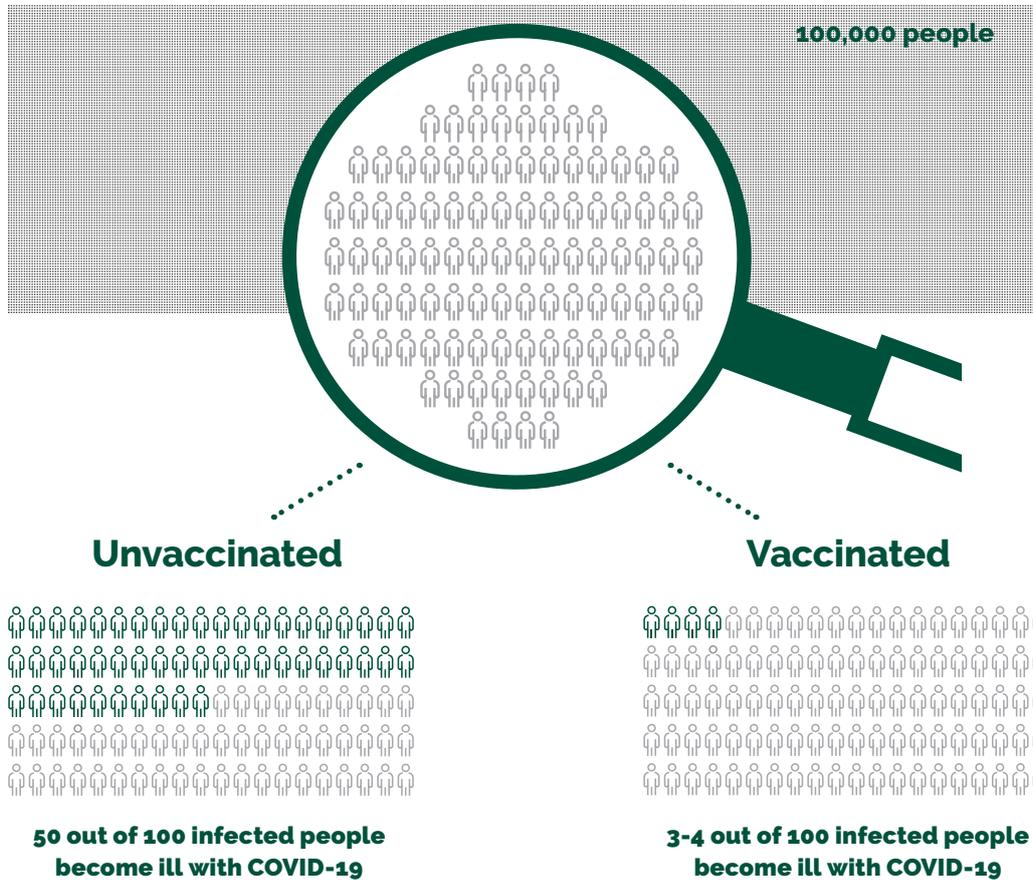
4. Antibodies and immune cells can break down the virus if you become infected at a later date. The strand of code is broken down in the cell once it has finished performing its task.

## How effective are the vaccines?

The COVID-19 vaccines have all been studied in large-scale randomised trials, where one group was given a vaccine and another group was given a saline injection or another vaccine (a so-called placebo). The effectiveness of the vaccines has been calculated by comparing how many people in each of the two groups became ill with COVID-19.

In general, very few of those vaccinated subsequently became ill with COVID-19. The effectiveness of the vaccine is calculated by determining the reduced risk of becoming ill for the vaccinated individuals compared to the placebo group. If, for example, 100 people in one group and 5-6 people in the other group become ill, then the effectiveness will be 94-95%, which is the case for the Comirnaty® and COVID-19 Vaccine Moderna® vaccines.

On the other hand, it does not mean that you are 'only', for example, 95% protected, and nor does it mean that the risk of you getting COVID-19 is, for example, 5%, even if you are vaccinated. In reality, the risk is much less, because you also have to take into account that the risk of getting COVID-19 is low whether you are vaccinated or not. An infection rate (incidence) of 100, for example, means that 100 people per 100,000 inhabitants have tested positive within the last 24 hours. If we assume that about half of these also have symptoms, i.e. have become ill with COVID-19, then the effectiveness of the vaccines – if everyone was vaccinated – would mean that only 3-4 of the infected individuals would become ill with COVID-19, while 50 people would become ill if no one was vaccinated.



We do not yet have reliable documentation that the vaccines also prevent the vaccinated person from being able to carry the infection, but we expect this to be the case and that we will receive this documentation as the vaccines are rolled out.

## Are the vaccines just as effective for the elderly?

Scientific studies show that the Comirnaty® and COVID-19 Vaccine Moderna® vaccines are just as effective for the elderly and high-risk individuals.

## Why do I need to be vaccinated twice?

The vaccines do not become fully effective until 1-2 weeks after the second injection, and therefore you need to be vaccinated twice.

We do not yet know for how long the vaccine provides protection. Therefore, we cannot say whether the protection will last for many years, or whether you need to be re-vaccinated at a later date to remain protected.

## What should I be aware of after I have been vaccinated?

Even though you have been vaccinated, you must still follow the Danish Health Authority's general guidance on how to prevent infection. The vaccines are not 100% effective, and we do not yet know whether vaccination also prevents you from carrying the virus and spreading the infection to others.

You should contact your doctor if you experience serious symptoms after you have been vaccinated. This may, for example, be allergic symptoms such as difficulty breathing or a skin rash. Your doctor can assess whether the symptoms may be due to the vaccine or other factors, and start treatment if necessary.

Your doctor is obliged to report suspected side effects to the Danish Medicines Agency. You can also report suspected side effects to the Danish Medicines Agency via [www.lmst.dk](http://www.lmst.dk)

## Where can you find answers to your questions?

You can always find the latest information about vaccination against COVID-19 at [www.sst.dk/en/English/Corona-eng/Vaccination-against-COVID-19](http://www.sst.dk/en/English/Corona-eng/Vaccination-against-COVID-19) and read more about novel coronavirus and COVID-19 at <https://www.sst.dk/en/English/Corona-eng>