

Dear resident in Vefsn Municipality

We expect to receive a vaccine against the Corona virus in Norway early in 2021. The oldest residents will be vaccinated first, followed by the other risk groups. When it is time to start the vaccination programme, the Municipality will send out new information. The rules about social distancing, hand hygiene and coughing discipline continue to apply.

It is important for us to take care of one another. For us all to stay healthy it is important for everyone to:

- Stay 1 metre away from people outside our own household
- Being together with friends is allowed, but you must restrict the number of “close contacts” - persons with whom you have direct physical contact, or who are less than 2 metres away from you for more than 15 minutes at a time.
- **If you have nasal congestion, a sore throat, are coughing, sneezing or have a temperature, you must take a Corona virus test and stay at home. Children, teenagers and young adults may have only very mild symptoms if they catch the Corona virus. The telephone number for the Corona Centre is 41 41 33 22.** When waiting for test results, you must stay in quarantine. Then you can only be in contact with the people in your own household.
- We ask you also to take a test if you have travelled abroad, or to a large town or city in Norway. After travelling abroad, you must follow the quarantine rules in Norway.
- If you are sick and need help from your family doctor or an urgent care centre, you must tell them you have Corona virus symptoms.

Thank you for your cooperation!

Vefsn Municipality wishes you all a safe and happy winter!