

# Vaccination against COVID-19



8 January





## Why get vaccinated?

COVID-19 is a new virus that infects humans. Therefore, we do not have immunity to protect us from becoming infected and ill, and the disease can consequently spread as an epidemic.

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

Anyone can be infected with COVID-19. Some infected persons become seriously ill and may die from the disease.

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

**The vaccine is free of charge, and it is voluntary whether you will accept the offer of vaccination.**

## Who are offered vaccination?

We aim to vaccinate everyone in Denmark for whom the vaccines have been approved. However, we do not offer vaccination to children under 16 years of age or pregnant or breastfeeding women because the vaccines have not been tested on those groups.

At a time when we receive only limited amounts of vaccine, vaccination will be offered in priority order, determined on an evidence-based assessment by the Danish Health Authority. Initially, residents of nursing homes, personnel in healthcare and elderly care, and older people at higher risk of severe illness from COVID-19 will be offered vaccination against the disease. When we get more vaccines, we will gradually extend the offer to all seniors over 65. Later, when all elderly and others at higher risk have received the offer, and we have received more vaccines, we will extend the offer to anyone between 16 and 64 years of age.

You will be notified via your e-Boks when it is your turn to be vaccinated. If you are exempt from receiving Digital Post, you will get a letter in the mail. Once you have been notified, you must go to [www.vacciner.dk](http://www.vacciner.dk) (in English) and book a time for vaccination.



## Which vaccine will you be offered?

There are two vaccines against COVID-19 that are approved for use in Denmark. One of them is called Comirnaty® and has been developed by the German company BioNTech in collaboration with the American company Pfizer. The supplies of Comirnaty® that we receive in Denmark are produced in factories in Germany and Belgium.

The other vaccine is called COVID-19 Vaccine Moderna® and is developed by the American company Moderna. The supplies of COVID-19 Vaccine Moderna® that we receive in Denmark are produced in factories in Spain and Switzerland. COVID-19 Vaccine Moderna® is based on the same technology as Comirnaty®, and the vaccines are therefore very similar in terms of efficacy and safety.

Comirnaty® and COVID-19 Vaccine Moderna® are so-called RNA vaccines. RNA is a naturally occurring signalling agent in the cells of the human body which encodes the formation of certain proteins. RNA vaccines work by encoding the formation of proteins that resemble the surface of the COVID-19 virus, thus stimulating the immune system of the body to form a protection against becoming infected and ill. RNA vaccines do not contain live virus and the active ingredients in the vaccine are quickly broken down in the body after they have done their job. Comirnaty® and COVID-19 Vaccine Moderna® contain additives which are, for example, used to stabilise RNA.

Comirnaty® has been approved for use in people over 16 years of age (except pregnant or breastfeeding women) and COVID-19 Vaccine Moderna® has been approved for use in people over 18 years of age (except pregnant or breastfeeding women). The difference between the vaccines in terms of approved age group is due to the fact that the vaccines have been tested on people over 16 and 18 years of age, respectively.

## Can you choose which vaccine you get?

Because we only get 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 wish to waste any vaccine, which is why you cannot choose which vaccine you will be getting. The same also applies to the childhood vaccination programme and other free vaccination programmes in Denmark.

For the time being, all COVID-19 vaccines delivered to Denmark will be distributed under the offer of free vaccination, and it will therefore not be possible to buy the vaccine on prescription.

If you do not accept the offer when you receive a letter in your e-Boks, you will not lose your right to receive a free vaccination later on. However, the Danish Health Authority recommends that you accept the offer when you get it.

In Denmark, we will only use approved and well-documented vaccines which we have assessed to be efficacious, safe and suitable for the target groups to which they are being offered.



## How effective is the vaccine?

Comirnaty® and COVID-19 Vaccine Moderna® have been studied in extensive clinical and randomised trials in which half of the participants were given the vaccine and the other half were given a placebo (saline injection). The selection was done by drawing lots.

Comirnaty® has an efficacy rate of about 95% and COVID-19 Vaccine Moderna® of about 94%. The efficacy rate is calculated by comparing the number of people who became infected with COVID-19 in the vaccination group with the number of people who became infected in the placebo group.

Very few of those vaccinated with Comirnaty® became infected with COVID-19. In the placebo group, however, about 20 times as many people became infected with COVID-19.

Among those vaccinated with COVID-19 Vaccine Moderna®, very few became infected with COVID-19 after their vaccination. In the placebo group, however, about 16 times as many people subsequently became infected with COVID-19.

This means that Comirnaty® and COVID-19 Vaccine Moderna® have an efficacy rate of approximately 94-95% against COVID-19.

The trials also showed that Comirnaty® and COVID-19 Vaccine Moderna® have the same high efficacy in elderly persons and in persons with risk factors.

To achieve full protection against COVID-19, you must be vaccinated twice. For Comirnaty®, the plan is to give the second injection after about 3 weeks and for COVID-19 Vaccine Moderna® after about 4 weeks. However, for both vaccines, the second injection can, in exceptional cases, be given up to 6 weeks after the first injection.

There is a lot of evidence to suggest that most people achieve some protection already a couple of weeks after the first injection, but the full effect has only been documented from one week after the second injection if you are vaccinated with Comirnaty® and two weeks after the second injection if you are vaccinated with COVID-19 Vaccine Moderna®.

It is important to stress that vaccination does not give you 100% protection against COVID-19. So, in principle, you may still become infected with and ill from COVID-19 even if you have been fully vaccinated, but this will only rarely happen.

We do not yet have evidence as to how long the protection of the vaccine will last. Therefore, we cannot say whether the protection will last for many years or whether you may need to be re-vaccinated again later to remain protected.

It has not yet been established whether Comirnaty® and COVID-19 Vaccine Moderna® also prevent the vaccinated person from carrying the virus and spreading the infection to others. However, we expect to receive this documentation in due course.



## What side effects do the vaccines have?

All vaccines have side effects, and this also applies to Comirnaty® and COVID-19 Vaccine Moderna®. In general, these are mild and transient, and we consider Comirnaty® and COVID-19 Vaccine Moderna® to be a very safe and highly documented vaccines.

Most people will experience pain at the injection site. Other common side effects include fatigue, headache, pain in muscles and joints, chills, a slight fever as well as redness and swelling at the injection site. These 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, severe allergic reactions may occur, which may be caused by, for example, allergy to the additives in the vaccine. If you have a known and severe allergy to other medicines, please let the person who is going to inject you know before they vaccinate you. Emergency staff will always be on hand to deal with rare allergic reactions at the vaccination centres.

## How does the vaccination take place?

You must arrive at the vaccination centre as close to your appointment time as possible and follow the instructions on site. Remember to bring a face mask and your yellow health insurance card. The staff will also be wearing protective gear. Vaccinations are always carried out under medical supervision, but you will meet various healthcare professionals.

The vaccine is usually injected into the muscle of the upper arm. The dose of Comirnaty® vaccine to be administered is 0.3 mL of vaccine diluted with sodium chloride (sterile saline solution). If you are vaccinated with COVID-19 Vaccine Moderna®, you will be administered 0.5 mL of vaccine. 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.

## Can anyone get vaccinated?

Children and young persons under the age of 16 as well as pregnant or breast-feeding women will not be offered vaccination. However, in exceptional cases, for example in the event of severe diseases, a child or pregnant woman may be offered vaccination based on an individual, medical assessment.

Women of childbearing age should be aware of whether they may be pregnant before being vaccinated.

If you have a high fever (at least 38 degrees) or have an acute severe infection such as pneumonia, the vaccination must be postponed. You may be vaccinated if you only have a slight fever or infections that are not serious such as a common cold, but you must always consider whether you may have COVID-19.



If you take blood thinners, have too few platelets or have a disease such as haemophilia, please be aware that some bleeding or bruising may occur after injection into the muscle. Under normal circumstances, this should not prevent you from being vaccinated. If you have too few platelets or have a disease such as haemophilia, which in other circumstances means that injections into the muscles are not recommended, you can usually not be vaccinated unless the potential benefits clearly outweigh the risks of vaccination. If you are in doubt, we recommend that you ask your doctor.

Vaccine efficacy may be lower in people with immunodeficiency or persons who receive immunosuppressive treatment, but they may usually be vaccinated.

If you have a known severe allergic reaction (anaphylaxis) to one or more of the active ingredients in Comirnaty® or COVID-19 Vaccine Moderna®, such as macrogol or PEG, or if you had an anaphylactic episode after the first dose, then you should not be vaccinated.

## Can I get the vaccine if I have or have had COVID-19?

You cannot be vaccinated while you have COVID-19, but you may be vaccinated if you have had COVID-19. However, we recommend that you wait to be vaccinated until one month after you are no longer ill.

If you suspect that you have COVID-19 – or if you are a close contact of someone who has COVID-19 – we recommend that you postpone the vaccination until you have been tested and have tested negative. If you are waiting for test results for any other reason, you may proceed with the vaccination.

In general, we do not recommend that you are routinely tested for COVID-19 before vaccination.

## What should you do after you 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 a 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. The doctor can assess whether the symptoms may be due to the vaccine or be caused by other factors and start treatment if needed.

The doctor is obliged to report suspected side effects to the Danish Medicines Agency. You may also yourself report suspected adverse reactions 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](https://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>.

If you are unsure about whether you can get the vaccine, we recommend that you contact your doctor.

If you have general questions about vaccination against COVID-19, please call the joint Danish authorities' hotline on **tel. 70 20 02 33**.

If you have any questions about, for example, your booking on [www.vacciner.dk](https://www.vacciner.dk), you must contact the support service at [sundhed.dk](https://www.sundhed.dk) on **tel. 44 22 20 80** or by email: [info@sundhed.dk](mailto:info@sundhed.dk)

## REMEMBER: You must be vaccinated twice

To achieve full protection against COVID-19, you must be vaccinated twice. For Cominarty<sup>®</sup>, the plan is to give the second injection after about 3 weeks and for COVID-19 Vaccine Moderna<sup>®</sup> after about 4 weeks. However, for both vaccines, the second injection can, in exceptional cases, be given up to 6 weeks after the first injection.

If you book your own time for vaccination, you will be informed when you will get your second vaccination.

If you are vaccinated at a care centre or at your workplace, you will agree the time of the second vaccination with the care centre staff or your employer.

My next vaccination is:

Date:	Time:
<input type="text"/>	<input type="text"/>
Vaccine name:	
<input type="text"/>	



## Important information about novel coronavirus/COVID-19



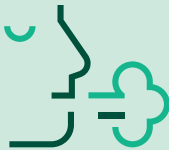
### COVID-19 is the name of the disease caused by infection with novel coronavirus.

#### Infection

To prevent the spread of infection, it is important to know how novel coronavirus is transmitted.

#### Contact spread

If someone who is infected with novel coronavirus has virus-infected saliva or snot on their hands, they can pass on the infection directly to others, for example by shaking hands with them. An infected person can also deposit the virus on surfaces such as door handles when coughing/sneezing or when touching the surfaces with contaminated hands. The next person who comes along and touches the same surface can then become infected when touching his or her own nose, eyes or mouth.



#### Droplet spread

An infected person can spread droplets containing the virus through coughing or sneezing. These droplets can be inhaled by another person or land in their eyes, nose or mouth.

#### Symptoms

Typical symptoms of COVID-19:

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|----------------------|----------------------------------|
| Dry cough            | Sore throat                      |
| Fever                | Loss of sense of taste and smell |
| Difficulty breathing | Muscle pain                      |

#### General guidance on how to prevent infection

1. Self-isolate if you have symptoms of COVID-19, have tested positive or are a close contact of someone who is infected with novel coronavirus.
2. Wash your hands often or use hand sanitiser.
3. Cough or sneeze into your sleeve.
4. Do not shake hands, hug or kiss as a greeting.
5. Make sure to clean thoroughly – both at home and at work.
6. Keep your distance and ask others to be considerate.

If you are unable to comply with one of the recommendations, make sure that you comply with the others.

