

# Offer of third vaccination against COVID-19

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22 December 2021



## Why am I being offered a third vaccination?

The Danish Health Authority recommends that you accept a third vaccination (also called a booster vaccination) already now, as it provides you with better protection against becoming ill from COVID-19.

The COVID-19 vaccines are effective. They provide a high level of protection against infection, severe illness and hospitalisation with COVID-19. However, we know that the protection of the vaccines decreases over time. Therefore, we recommend that you get a third vaccination. We do this to ensure that you continue to have high protection against COVID-19.

## When can I get my third vaccination?

If you are 18 years or above, you will be offered a third vaccination 140 days (about 4.5 months) after your second vaccination. The period of 140 days is equal to 20 full weeks, which means that if, for example, you were vaccinated on 8 August 2021, you can get your third vaccination from 26 December 2021. In the vaccination calculator on the Danish Health Authority's website, you can find out when it is your turn: [sst.dk/da](https://sst.dk/da).

The Danish Health Authority recommends that you accept the offer of a third vaccination as soon as possible after the 140 days. You do not have to wait for an invitation in your e-Boks. You can be vaccinated as soon as 140 days have passed after your second vaccination.

## How do I book an appointment for vaccination?

You can book an appointment for your third vaccination as soon as 140 days have passed since your second dose. You do not have to wait for your invitation. You can book an appointment on [www.vacciner.dk](https://www.vacciner.dk) using your NemID.

If you are exempt from Digital Post, you will receive your invitation by post, and you can book an appointment by calling the regional hotline.

It is also possible to be vaccinated by some general practitioners, pharmacies and private vaccination companies. You can get an overview of all the sites where you can be vaccinated at the Danish Health Authority's [website](#).

## How does the vaccination take place?

The vaccination procedure is the same as the last time you were vaccinated.



**1.** Show up at the vaccination centre at the stated time. Remember to bring your yellow health insurance card.



**2.** Most people are vaccinated in an upper arm muscle.



**3.** After your vaccination, you need to wait 15 minutes at the centre, so you can receive help if you have an allergic reaction. However, this very rarely happens.

## Can I experience side effects from the vaccination?

All vaccines cause side effects, including the COVID-19 vaccines. However, not everyone experiences side effects. They will mostly be mild side effects that go away quickly. These can be fever or pain at the injection site. In connection with your third vaccination, you may experience that the common side effects are a little worse than those after your first and second vaccination.

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 fever</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>	



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. Healthcare professionals will always be ready to help in connection with vaccination against COVID-19.

In very few cases, adults have developed acute inflammation of the heart muscle (myocarditis) or inflammation of the pericardium (pericarditis) after being vaccinated. It sounds very serious, but, for the vast majority, it will disappear by itself. These reactions are especially seen in young males, but also very rarely among this group. In the very few cases where treatment is needed, there are good treatment options.

You should contact your doctor if you experience serious symptoms after you have been vaccinated. Your doctor can assess whether the symptoms are due to the vaccine and start treatment if necessary. You do not need to call your doctor if you experience known and transient side effects from the vaccination.

## Special information

In Denmark, the vaccines Cominarty® from BioNTech-Pfizer and Spikevax® from Moderna are used. Both vaccines have been approved by the European Medicines Agency (EMA) for the third vaccination from six months after the second dose.

However, the Danish Health Authority now recommends to give all persons aged 18 and above the third vaccination earlier, that is from 140 days after the second dose. We are recommending this because of the very special situation we find ourselves in right now. In our opinion, it is important that as many people as possible get the best possible protection over the winter, when there is an increase in infection cases and where we see the new worrying Omicron variant spreading very quickly. We find it important to move the third vaccination forward to achieve the best possible control of the pandemic and to ensure protection against severe illness from COVID-19, even though the shorter interval deviates from the approval.

The Danish Health Authority has prepared an in-depth medical assessment of both efficacy and safety in this very special situation, and we assess that it is both safe and effective to get the third vaccination earlier than six months after the second vaccination.

Several countries, including Sweden, Norway and Iceland, also offer the third vaccination earlier than after six months.

## Remember the guidance

Even if you get a third vaccination, there is still a risk that you may become infected and infect others. It is therefore important that you continue to follow the Danish Health Authority's guidance.

Remember to follow the guidance that helps prevent infection.



- Stay at home and get tested if you experience symptoms**
- Keep your distance**
- Open windows and doors and ventilate your home regularly**
- Wash your hands frequently or use hand sanitiser**
- Clean thoroughly and regularly, especially surfaces that are touched by many people**

## Do you have any questions?

You can read more about the third vaccination at the Danish Health Authority's [website](#).