

## **Status in Alta January 13th, 2021.**

- Chief physicians announce that per January 13th, we have 2 persons infected in Alta. They are now in isolation.
- This week 60 persons have been tested daily.
- 30 travelers are at a quarantine hotel.

## **Infection Prevention Measures and Recommendations**

Alta Municipality has per today very little infection. We must be focused and following the local infection measures and National recommendations.

The consequence is,

- All arrangements are postponed until January 19th. Sports halls are closed. Cultural schools are closed for activities in group.
- Upper and lower secondary schools are on red level of alert. All teaching and planned arrangements at the universities, High Schools and vocational schools have digital teaching until January 19th.
- Do not make private visits and avoid guests until January 19th. The exception is necessary home nursery service staff and visit to people in their last life phase. Single persons can have one visitor or visit one or two close friends or a close family. Children in the same kohort in kindergarten or in same class in elementary school, can meet.
- Avoid all non-essential travel.
- The municipality of Alta is following national recommendations of home office where possible. Affected employees decide in cooperation with nearest manager.

Outline on National recommendations:

[Oversikt over nasjonale tiltak fra januar 2021 - regjeringen.no](https://www.regjeringen.no)

To get an effect of the measures introduced, we all have to follow them. This is the only way to avoid a new wave of infection.

On Friday, January 15 at 10 a.m., Alta Municipality Chairmanship/«Formannskapet» meet to consider the National recommendations, a digital meeting.

## **A New List of Priority on Vaccination**

- 1. Residents in nursing homes and health care personnel.
- 2. Elderly 85 years and older and health care personnel.
- 3. Ages 75 - 84.
- 4. Ages 65 - 74 and persons between 18 and 64 with the following disease/state:
  - Defect in immunity
  - Hematological cancer the last five years
  - Other active cancer disease, ongoing or terminated treatment against cancer - special immune calming treatment, radiation therapy or chemotherapy.
  - Neurological or muscle disease which reduce cough power or pulmonic/lung function.
  - Chronic kidney disease or reduced kidney function.
- 5. Ages 55 - 64 with the following diseases/state:
  - Chronic liver disease or reduced liver function
  - Immune calming treatment by auto immune diseases
  - Diabetes
  - Chronic lung disease
  - Obesity/«fedme»
  - Dementia
  - Chronic heart and vascular disease, exception high blood pressure
  - Stroke
  - Other serious disease or chronic disease not mentioned. This can cause increased risk of serious illness or death by Covid-19. This is considered individually by a doctor.
- 6. Ages 45 - 54 with the same states as listed in point 5.
- 7. Ages 18 - 44 with the same states as in point 5.
- 8. Ages 55 - 64
- 9. Ages 45 - 54

None of the elderly or people in risk groups must order day and time to get the vaccine. Alta Municipality will contact residents, listed above by phone, to give them day and time. We ask you to answer the phone, even if it is an unknown number. Maybe it is our staff calling you.

## **Residents Living in Alta but are Registered Elsewhere**

Alta Municipality has the responsibility to give all staying and living here, vaccination, even if you are not registered here. If so, then make contact via, [koronavaksine@alta.kommune.no](mailto:koronavaksine@alta.kommune.no) to clarify vaccination.

## **Wash your Hands, Keep one meters Distance. Stay Home if you Catch a Cold or get Sick.**

Until we have done vaccination of enough people, we have to endure strict measures and limitations. Therefore it is important that you get tested! If you suspect that you are infected or have respiratory symptoms, get tested. Don't hesitate, order day and time for testing anyway! Call the corona phone number 913 90 344 for booking a time for testing. Monday to Friday the phone is open 0800 - 1500.

Stay home until you have the result of your test.

Many get mild symptoms, the best measure then is to stay home. For further information <https://www.alta.kommune.no/>

## **Norway has a Quarantine for Travelers Arriving from red or yellow Countries/Districts. Read more**

<https://www.fhi.no/nettpub/coronavirus/fakta/reiserad-knyttet-til-nytt-koronavirus-coronavirus/>

Even if we, per January 13th, have few infection cases in Alta, we have to follow the strict infection measures. Keep one meters distance, have good hand and cough hygiene. Stay home if you catch a cold or get sick.

## **Our Covid-19 email**

The Covid-19 email, [covid19@alta.kommune.no](mailto:covid19@alta.kommune.no), is available for general questions. Questions like «a need of being tested», or the ordering of time for a test, will not be answered through the Covid-19 email. For ordering time for testing call the Corona phone.

Call 113 for Accident or illness.

Likewise call 113 Emergency if you or some family member are seriously ill.

## **The Press Release is Translated to Polish and English**

It is published at

<https://www.alta.kommune.no/alt-om-korona-i-alta.6293726-524827.html>

## **National Authorities Information Updates**

We encourage residents of Alta to follow these internet pages:

- Norwegian Institute of Public Health(FHI) - <https://www.fhi.no/>
- Public Health Service - <https://helsenorge.no/>
- Norw. Directorate of Health - <https://www.helsedirektoratet.no/tema/beredskap-og-krisehandtering/koronavirus/anbefalinger-og-beslutninger>
- Directorate of Education - <https://www.udir.no/>
- For Youth - [www.ung.no](http://www.ung.no)
- National Urgency Phone - [www.116111.no](http://www.116111.no).
- On Corona - [https://www.regjeringen.no/no/tema/koronavirus/veiledere-om-koronasituasjonen/id2697760/?mc\\_cid=355e06cd8c&mc\\_eid=ac40ccdbf](https://www.regjeringen.no/no/tema/koronavirus/veiledere-om-koronasituasjonen/id2697760/?mc_cid=355e06cd8c&mc_eid=ac40ccdbf)

Next press release is planned and will be published 20.01.21. We continually consider how often the press release will be published.