

Press Release from The Management of Crises/ «Alta kommunes kriseledelse»

Status in Alta January 20th, 2021.

- Chief physicians announce that per January 20th, we have 3 persons infected in Alta. They are now in isolation.
- Totally 11 people are in close-contact quarantine.
- So far, this week 80 persons have been tested daily.

Tuesday, after additional infection prevention measures, shows that one of those who tested positive last weekend, had more close contacts than assumed on first hand. The person who tested positive was linked to The University of Tromsø and live at Campus Alta, at Nyland. Now this case is closed and infection prevention measures are done and the person mentioned, has eight close contacts. They are now at the quarantine hotel and the situation is under control.

The infection situation changes rapidly. Even if we have had very little infection lately, this can change. Our Government has introduced some opening up to its recommendations, but this imply that we can not lean back. Everybody must continue to follow the infection prevention measures. Keep one meters distance, wash your hands and be tested. Stay home if you have respiratory symptoms.

Outline on National recommendations:

This Monday the Government decided on new recommendations to the municipalities. Mainly they continue the strict infection prevention measures, but some opening for children and young people.

These are te recommendations:

- Children and young people under age 20 can train and participate in activities like normal, both indoors and outdoors. They can also be excepted from the recommendation of 1 meter distance when necessary for the activity. For kids and young people can ordinary training activities in clubs, teams and associations take place, but matches, sport cups and arrangements must still be postponed. Cultural events and Club meetings are open for those under 20.
- Cultural events like shows, performances, etc., and courses/conferances and faith community gatherings must be postponed if people from different communities are present. People is asked to respect limitations the organizer inform of, that is when an arrangement is taking place for residents of one specific municipality. This include both indoor and outdoor arrangements, except funerals.
- National regulations for upper and lower secondary is downgraded from red to yellow level.
- Most private gatherings and events must be postponed or cancelled. Anyway if arranged, the following rules apply: Maximum 10 people on private gatherings outside own home, like birthday in hired hall or room. If the arrangement is an outdoor event, the limit is 20 people.
- Non-essential travel must still be avoided.
- The municipality of Alta is following national recommendations of home office

where possible. Affected employees decide in cooperation with nearest manager.

- Tuesday our Parliament/Storting decided some differences connected to serving of alcohol drinks. Municipalities with a low level of infection, can serve alcohol drinks in connection with serving of food. No serving of alcohol after 12 pm/midnight and people are not allowed inside, after 22 pm.

More on National recommendations:

<https://www.regjeringen.no/no/aktuelt/pm-18.1/id2828908/>

«Nordlysbadet»/The Swimming Pool Introduces Control of Admittance

After days with many visitors the management of «Nordlysbadet» has decided on limitations of visitors in the weekends. From coming weekend the limit is 175 people in the swimming pool at the same time. This to secure the 1 meter distance regulation for visitors.

In addition the management encourage the residents of Alta to visit during the whole of opening hours. There are too many visitors between 11 am and 14 pm. They also ask visitors to stay no longer than two hours at a time.

Priority on Vaccination

The Management of Crises in Alta encourage all to take the vaccine. Our goal is that as many as possible take the vaccine against Covid-19. To avoid disease you can not trust that all others take the vaccine, and you will be safe. So you have to be vaccinated too.

All residents in care homes have been vaccinated. The coming week we continue vaccination according to our established priority. Then the second dose is planned for 70 people.

Vaccination against Covid-19 is established as a National program to choose for all, from age 18. It is an infection prevention measure to avoid infection, with the consequences this can lead to. Even if The Medicines Agencies in Europe and in Norway work hard and fast in developing and approving corona vaccine, the strict demand for effect, quality and security must be obtained. A vaccine will only be approved if usefulness is considered higher than the risk.

Priority Order

- 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:
 - Those with organ donation
 - 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» with body mass index «KMI of $\geq 35 \text{ kg/m}^2$ or higher»
- 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 state 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 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/>

Our Covid-19 email

Alta Municipality Covid-19 email, 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

Translated Press Release is available under «Alt om Corona in Alta/INFO on corona in Alta on this web page:

<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
- National Urgency Phone - www.116111.no.
- On Corona - 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 27.01.21. We continually consider how often the press release will be published.