

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

### **Status in Alta January 27th, 2021.**

- Chief physicians announce that per January 27th, we have 2 persons infected in Alta. They are now in isolation.
- Totally 10 persons are in quarantine. They are out this week.
- We are testing 70 persons a day.

The infection situation changes rapidly. Even if we have had very little infection lately, this can change. Everybody must continue to follow the infection prevention measures. Keep distance, wash your hands and be tested. Stay home if you have respiratory symptoms.

### **Outline on National recommendations:**

Monday last week 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 the 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 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 school/«Kulturskolen» and «Ungdommens Hus» have opened its offer of events and activities for youth under 20 years.
- Cultural events like shows, performances, etc., and courses/conferences 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. This apply to both National and foreign travel.
- The municipality of Alta is following national recommendations of home office where possible. Affected employees decide in cooperation with nearest manager.

**Sami People Day. Celebration on February 6th.**

The Municipality of Alta follow the recommendations of The Norwegian Government. This imply that celebrations must follow the National recommendations for arrangements.

- Maximum 10 persons on private gatherings outside own home. If the gathering is outdoors, the limit is 20 persons.
- Maximum 10 persons on indoor sport events, seminars, faith community gatherings, ceremonies, etc. Then until 600 persons where public are seated in fixed chairs.
- The Norwegian Directorate of Health are considering the claim of fixed seats for 200 and 600 participants, should be replaced by other recommendations or claims, such as numbered seats or fixed seats.

Outline on National recommendations:

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

### **Limitation of Travel**

The Management of Crises had an extraordinary meeting on January 23rd following The Norwegian Government introduction of stricter restrictions in 10 municipalities in the Oslo region, because of an outbreak of The English mutated virus. The Chief physicians in Alta encourage all residents of Alta to reduce their travel generally and in particular to areas with outbreak of the English mutated virus. They also encourage you not to have visitors from the affected districts or municipalities, those defined in The Government's stricter measures in near future:

The communities are: Enebakk, Frogn, Indre Østfold, Moss, Nesodden, Nordre Follo, Oslo, Vestby, Våler and Ås.

Also these nearby communities: Asker, Aurskog-Høland, Bærum, Drammen, Horten, Lier, Lillestrøm, Lunner, Lørenskog, Marker, Nittedal, Rakkestad, Rælingen, Råde and Skiptvedt.

The Chief Physicians ask travelers who have visited those areas with outbreak the last two weeks, to be tested, regardless of symptoms. Make contact via the corona phone 913 90 344 between 8 am and 15pm to get time for testing. The physicians want to test all travelers from the 25 communities in near future. The first test as soon as possible after arrival, then after Day 7. Make contact via the corona phone. It is also important that you limit your social activity and numbers of close contacts to a minimum the following 10 days after your arrival. Those having had visitors from these areas are recommended to be tested, if they had respiratory symptoms. In addition if you have yourself these symptoms. Be aware of your own health and condition. Keep distance to others!

### **Corona Vaccination — The Job is Going on**

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.

Alta Municipality follow The National advice on vaccine priority list. All residents in care homes have been vaccinated.

### **Priority Order**

- 1. Residents in care homes and elderly who need health care staff visiting. They who can not participate in mass vaccine programs. Also health care staff.
- 2. Elderly 85 years and older and health care staff.
- 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. In week five, from February 1st to February 5th, we start calling persons 85 or older to give them time for vaccination in week 6, seven and eight. We regret that we do not have a possibility to send and confirm a list of a time table on SMS. If you have a family member who are not able to answer the phone or who can not remember a time for vaccine, then make contact on:

[koronavaksine@alta.kommune.no](mailto:koronavaksine@alta.kommune.no)

Follow this web page for update INFO on vaccination in Alta:

<https://www.alta.kommune.no/informasjon-om-koronavaksine.6354490-351420.html>

### **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 beste 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](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**

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/ambefalinger-og-beslutninger>
- Directorate of Education - <https://www.udir.no/>
- For Youth - [www.ung.no](http://www.ung.no)
- National Urgency Phone for kids and youth, open for chat 24/7 - [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 03.02.21. We continually consider how often the press release will be published.