

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

Status in Alta February 3rd, 2021.

- Chief physicians announce that per today, no persons are infected.
- No one is in quarantine.
- About 100 persons have signed up for testing so far this week.

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. Don't hesitate to call the corona phone, 913 90 344, to make time and day for testing. Even if you have light symptoms.

Outline on National Recommendations:

Alta Municipality follow the recommendations of the National authorities.

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 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 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.
- Kindergartens and schools are on yellow level. Universities, university colleges and vocational training schools must teach on digital platforms, where possible.
- Everybody must reduce social contact. You are encouraged to meet other people outdoors. You can not have more visitors than 5 persons, in addition to your own household.
- 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.
- All shopping senters and shops must introduce limits of numbers of persons admitted or entrance control so that distance can be kept.

• If you Arrive from Areas with Outbreak of Mutated Virus?

- The Chief physicians in Alta encourage residents to reduce their travel generally, and specifically to areas with outbreak of the English mutated virus. Don't accept visitors from these communities, they recommend. This apply to the communities which are defined in The Norwegian Government's restricted measures in near future. They are Nordre Follo, Ås and Oslo. Also neighboring communities Asker, Bærum, Enebakk, Frogn, Indre Østfold, Lillestrøm, Lunner, Lørenskog, Moss, Nesodden Nittedal, Rælingen, Vestry and Våler. Time of the measures is until February 10th.
-
- The chief physicians ask those who have been visiting the mentioned communities the last two weeks, to be tested, with or without symptoms. Make contact via the corona phone, 913 90 344, open between 8 am and 3 pm, to get a day and time for testing. They also want to test all arrivals in time to come. The first test as soon as possible after arrival, then after Day 7. Make contact via the corona phone. It is also necessary to limit your social activities and close contacts to a minimum the first ten days after arrival. Those having had visitors from these areas, are recommended tested if any of them have had respiratory symptoms, or if you yourself have those symptoms. Be focused on your own health and to keep distance to other persons.

Outline on National recommendations:

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

Corona Vaccination

This week, February 1st - 5th residents in care homes and elderly who need health care staff visiting, are being vaccinated. They who can not participate in mass vaccine programs. From Monday February 8th we are on Face II and start vaccination of persons 85 years and older. This will go on for a week and we continue the week after, that is Week 7.

In week 7 we we expect to start vaccination of persons between 75 - 84. Per January 31st we have vaccinated 335 persons. In the weeks to come there will be two parallell races, those with doze One and then those to get doze Two.

This week, week 5, 100 persons get doze One and also those to get doze Two. That implies that 100 persons get doze One. At the same time 50 persons get doze Two. In week 6, Alta get 258 dozes of corona vaccine. 180 of these are doze One.

Alta Municipality follow the National recommendations of priority.

- 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. In week six those between 74 and 85 will be contacted to get time for vaccination in week seven. 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

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 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. For testing the same day that you make contact, it is important to call before 10 am. 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/>

To Limit the Risk of Import Infection, The Government Made more Restrictions for International Travelers to go to Norway from January 29th at Midnight

Read more,

<https://www.regjeringen.no/no/tema/Koronasituasjonen/egenerklaringsskjema-for-personer-som-skal-i-innreisekarantene-og-bekreftelse-pa-egnet-oppholdssted-for-gjennomforing-av-karantene2/id2791503/>

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/ambefalinger-og-beslutninger>
- Directorate of Education - <https://www.udir.no/>
- For Youth - www.ung.no
- National Urgency Phone for kids and youth, open for chat 24/7 - 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 Wednesday 10.01.21. WE continually consider how often the PR will be published.