

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

Status in Alta February 24th, 2021.

- Chief physicians announce that per today, one person are infected.
- 4 persons are in quarantine.
- About 30 persons have signed up for testing per day.

Why do We Have to do This Voluntary Work When so Few are Infected

One person infected in one gathering can change the whole situation, and this can take place during one night. It is the sum of all measures that helps us with very little infection cases in Alta. The Chief physicians clarify that in a time of unstable weather situation and also that we don't want a situation of an infection wave resulting in more need of hospitalization. The Norwegian Directorate of Health and Norwegian Institute of Health recommend that municipalities with little infection follow national recommendations.

Outline on National Recommendations:

Alta Municipality have since March 2020 followed the recommendations of the National authorities. These were updated and in effect from February 23:

The recommendations applies to the whole country.

Contact:

- 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.
- If all guests are from the same household you can have more guests. The importance is to keep distance.
- Kids in kindergarten and elementary school can have visitors from own cohort.

Travel:

- Advice against travel abroad.
- Non-essential travel in Norway must be avoided.
- You can go to your cabin or stay in a hotel in Norway, but you must avoid public transport, if possible.
- Persons who go to districts with less strict measures, should as a main rule follow the recommendations of own community.

Job situation:

- Home office for all where possible.

Sport and leisure activities:

- Children and young people under age 20 can train and participate in activities like normal. They can also be excepted from the recommendation of 1 meter distance when necessary for the activity.
- Kids and young people under 20 can participate in sport activities with athletes from the same community. Indoor up to 50 persons on such arrangements. Outdoor the limit is 200 including athletes, coaches, referees and audience. If kids and young people participate in a club in another community, they can join and compete as long as the infection situation allow it.
- Kids and young people under 20 years who participate in sport which do not

include close contact, like skiing, can participate in sport events outdoors, where athletes from the same district or region meet. Then region is a geographical term.

- Adults are not recommended to take part in organized activity indoors. Outdoors if training can be done if possible to keep distance.
- Top athletes can train like normal, both outdoors and indoors.
- Top competitions are allowed, with the exception of league matches which are still postponed. That applies also to training matches against teams outside own club. This applies also in sport outside season, like football. It is recommended postponed to avoid mobility and social contact.

Higher education:

- Students can be physically present during instruction at universities, secondary schools and vocational training schools with reinforced infection measures.
- Big lectures and gatherings should be avoided, but lectures in smaller groups can be done if organized in a professional way, to avoid infection.
- Opening of campus include admittance to reading rooms and libraries, with infection measures.

National restrictions and rules for the whole country:

Private gatherings and arrangements:

- Arrangements which include persons from different communities must be postponed or cancelled.

The rules for arrangements are as following:

- Maximum 10 persons on private gatherings outside own home, like birthday in hired hall or room.
- Maximum 50 persons on indoor sport events for kids, gathering participants from same community.
- Maximum 100 persons on other arrangements where the audience is seated on distinct, defined seats.
- Maximum 200 persons on events outdoors. but 200 persons X 3 cohorts if seated in defined seats, and with 2 meters distance between each cohort.
- The manager must implement measures to take care of the demand of distance between participants who are not in same household on events, where the audience is shown defined seats. If necessary security staff can help this to be followed.
- It must clearly be shown in the rules that club meetings for members, including meetings in associations etc. is defined as arrangements.

Bars and restaurants:

- Serving of alcohol drinks can only be done in combination with serving of food. Opening hours until 10 pm.
- Same rule is applied to serving of alcohol drinks on events as in restaurants and bars.

Corona Vaccination

In week 8 (February 22 to February 26) we get 200 dozes of Astra-Zeneca, in addition to the Pfizer vaccine. The health staff at risk get the whole first shipping. From week 9 (March 1 to March 4) we receive 180 dozes of Pfizer and 100 dozes of Astra-Zeneca. In addition to vaccine persons at risk group 3, those between age 75

and 84, persons in risk group 5 will get Astra-Zeneca, they are at age 55 and 64 (see below). Astra-Zeneca is approved on the same turn as the Pfizer vaccine, a good and efficient vaccine for those under 65 years. It is not possible to choose which vaccine you want. If you say YES to have a vaccine, you must accept the vaccine you get.

Priority Order

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

All persons to be vaccinated will be called by staff at Alta Municipality. Three steps are important in this connection:

1. We tell you that we are calling from Health department of Alta.
2. We call to book a day and time for you. We do not send you an SMS, Email or contact on social media.
3. The vaccine is free.

(Picture!)

This is the staff calling you to give you time and day of your vaccination.

From left Hege Suhr Aglen, Britt Hågensen, Bjørn-Tore Bræk, Lena Mari Thuri and Heidi Ålien.

Follow

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

for updated INFO on vaccination in Alta Municipality.

Even if we are fully occupied with the vaccination of all in this group, it takes time with the job. The time to get all vaccinated depends on how many dozes we get.

About 1.000 persons between 84 and 75 will be called. Of course this will take some time, but all will get a phone call. Call the corona phone number 913 90 344 if you have questions. Health related questions will not be answered on this phone number.

Send questions to

koronavaksine@alta.kommune.no

Winter Holidays

The Norwegian Directorate of Health and The Norwegian Institute of Public Health have worked out National recommendations on how your winter holidays can be planned and organized in a professional and secure way to avoid infection:

<https://www.regjeringen.no/no/aktuelt/slik-kan-vinterferien-tilbringes-i-norge/id2834625/>

Shortly:

You are not recommended to travel abroad because of risk if import infection, generally you must have reduced social contact and stay home if you are not healthy.

To reduce the risk of import infection, the Government tighten more

International travelers access 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/>

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 you have got the contact, call before 10 am. 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/>

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/id>

[2697760/?mc_cid=355e06cd8c&mc_eid=ac40ccdbf](https://www.gov.uk/government/news/2697760/?mc_cid=355e06cd8c&mc_eid=ac40ccdbf)

Next Press Release is planned and will be published Wednesday 03.03.21. We continually consider how often the PR will be published.