

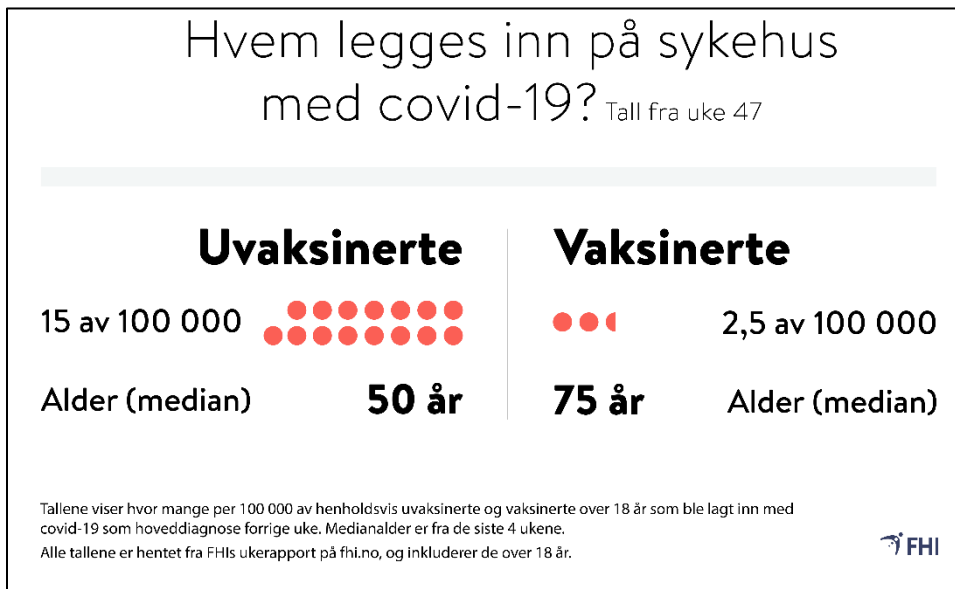


Færder Bridge Builders would like to thank you for receiving the information about COVID-19. You are helping to fight the virus.

On the back you will see the municipal chief medical officer's greeting to you with answers to questions about COVID-19.

The National Institute of Public Health (NIPH) says the following about vaccines:

- Vaccinated people are less likely to get infected;
- less likely to be hospitalized;
- need intensive and respiratory treatment less frequently;
- are discharged faster from hospitals if they end up there;
- a lower risk of serious illness and death as a result of covid-19;
- are less contagious
- ... than unvaccinated.



Please contact us if you have any questions:

Sondos Ibrahim Bassam, phone: 404 71 664, Bente Gausdal, phone: 975 45 901, or Terje Vangås, phone: 911 31 339.

Coronavirus and vaccination

Why take the 3rd vaccine dose when vaccination does not help against omicron?

Many people are now infected with COVID-19. Many are hospitalized. Vaccination also reduces the risk of serious illness with the omicron variant.

Menstrual disorders as a side effect

Most women experience irregular bleedings during their lifetime. We do not know if this occurs more often after vaccination than normal. No definite connection has yet been proven.

Infertility: both boys and girls think they can become infertile if they are vaccinated.

There is no suspicion that the vaccines affect women's fertility or cause male infertility.

For those who have not been vaccinated

It's not too late to be vaccinated! Vaccine against COVID-19 is strongly recommended. The vaccine protects against serious illness. Many of those who are currently hospitalized with serious illness are unvaccinated.

Social life

- **It is important that you limit the number of people you are with. In this way, you can limit the spread of infection if you get ill.**
- **You should not have more than 10 guests at home in addition to your own household members. You can have up to 20 guests once during the Christmas and New Year holidays, with a distance of one meter between the guests.**
- **It is important that you keep to yourself and get tested for coronavirus if you feel ill.**
- **If you are diagnosed with COVID-19, you must be in isolation. You must then keep to yourself and not receive visits. Food and other necessary items can be delivered to your door if you live alone.**

Best regards,
Elin Nordstrand Jakobsen,
Municipal Chief Medical Officer

www.færder.kommune.no