It helps!

Protect yourself against the coronavirus. Get vaccinated at first opportunity!

Dr Diana Ingerainen
Family doctor

See more about the COVID-19 vaccination at vaktsineeri.ee

The campaign is organised by the Health Board
Vaccinating against COVID-19 is the best solution for stopping the spread of COVID-19 and returning to the regular order of life. The contribution of every individual is important in stopping the COVID-19 pandemic.

All vaccines that are used in Estonia are effective in preventing severe progression of the disease. Even if a vaccinated person does get infected, the progress of the disease will be milder.

Vaccination against COVID-19 has shown first results in Estonia as well – the COVID-19 infection rate is down among healthcare workers. In the United Kingdom and Israel, severe progression of the disease and hospitalisations have gone down more than 80% as a result of vaccination.

Vaccination is safer than getting COVID-19. The progression of COVID-19 is unpredictable – due to high age or comorbidities, the disease can progress very severely. Many people will have long-term complications because of COVID-19.
According to the data we currently have, we can presume that the COVID-19 vaccines offer protection from transmitting the disease as well – how well or effectively will become clear in the course of ongoing studies.

By getting vaccinated yourself you will also protect those who cannot protect themselves. There are people among us who cannot get vaccinated due to their health condition.

According to the current studies, the immunity attained from the vaccination lasts at least 6 months but the protection is presumed to last longer. More data from which to determine the length of the immune response will come in over time.

Vaccination will allow for leniency in restrictions. For the six months after receiving the full course of vaccinations, you won’t have to stay in isolation as a close contact or after returning from a trip. The period of exemption from the isolation requirement may also be extended as new data comes in.

Vaccination will help to alleviate the burden on the healthcare sector and gives an opportunity to restore the regular work in hospitals.
FAQ or frequently asked questions

Which COVID-19 vaccines are available in Estonia?

The vaccines that are used in Estonia are the ones that have received a European marketing authorisation (see vaktsineeri.ee/en/). The COVID-19 vaccines are safe, effective and high quality. Before issuing a marketing authorisation, the experts of the European Medicines Agency evaluate the results of the clinical studies of the vaccines. Regardless of the process of applying for an expedited marketing authorisation, no compromises have been made in the safety and effectiveness of the COVID-19 vaccines. All COVID-19 vaccines protect from severe progression of COVID-19. More data on the effectiveness and safety of the vaccines to people in different age groups and with different comorbidities and conditions is coming in constantly. Studies, including monitoring the safety of the vaccines, are ongoing for all the COVID-19 vaccines even after attaining marketing authorisations.

Do the COVID-19 vaccines have side effects? What should be done if they occur?

Vaccines are one of the most thoroughly researched medicines when it comes to both safety and effectiveness but, as with all other medicines, the COVID-19 vaccines may also have side effects that do not occur in all people. The usually mild and self-healing side effects can still be unpleasant and cause temporary distress. Severe side effects are very rare.

The most common side effects of the COVID-19 vaccines are painfulness and swelling of the injection site, headache, fever, feeling unwell, nausea, muscle pain, joint pain. All known side effects that can be connected to a vaccine are listed on the information sheet of the packaging of the vaccine.

Severe side effects are life-threatening allergic (hypersensitivity) reactions that occur very rarely, usually within a short time after receiving the vaccine. That is why remaining under observation at the healthcare facility that has all the first aid equipment needed to react quickly is necessary for at least another 15 minutes after receiving the vaccine shot.

As a response of the immune system to the vaccine, the COVID-19 vaccines may cause general symptoms like a fever, joint pain, feeling unwell which usually pass within a few days. If you feel unwell longer or need advice, contact your family doctor or call the Family Doctors’ Advice Line at 1220. All health problems, including side effects related to vaccines, are always treated in the best way possible.

If you suspect that you are suffering from a side effect of a COVID-19 vaccine, make sure to notify your family doctor or the vaccinator. All healthcare workers have an obligation to notify the State Agency of Medicines of the side effects of the COVID-19 vaccines. You can also notify the State Agency of Medicines of the occurred side effects yourself by submitting the form on their web page www.ravimiamet.ee > Teata kõrvaltoimest (in Estonian).
In what cases is vaccinating against COVID-19 contraindicated to a person?

Vaccination should be postponed in case of a disease that is progressing with a high fever, or if a person currently has COVID-19 or has recently been in close contact with a person who is positive for COVID-19. The vaccinator ascertains possible temporary or permanent contraindications to vaccination prior to administering the vaccine.

Who can get vaccinated against COVID-19, and when?

COVID-19 vaccination is free to all residents of Estonia, including those who are not covered by health insurance. The exact time of vaccination depends on the quantities of vaccines arriving in Estonia. Vaccination is voluntary.

The quantities of vaccines arriving in Estonia are limited for now, so the vaccinations against COVID-19 are provided to the population in stages, starting from those who ensure the functioning of healthcare and social care services, those in most risk from COVID-19 due to their high age or health condition, and those who ensure that the services critical for the functioning of the society are operational.

As soon as the vaccine quantities allow, the possibility to get vaccinated will be opened up for everyone who wish for it. According to the current prognosis, all wishers can get vaccinated starting from May.

If I have had COVID-19 or am a close contact, should I get vaccinated and when?

As going through COVID-19 might not give an immunity comparable to vaccination, the people who have had COVID-19 should be vaccinated with 1 dose within six months of recovery.

People who get infected with COVID-19 after receiving the first dose of the vaccine will not be administered the second dose. They are considered to be vaccinated for the following 6 months.

COVID-19 close contacts must wait out the end of their close contact period before getting vaccinated.

NB!

- Having had COVID-19 or the existence of antibodies are not contraindications to getting vaccinated.
- COVID-19 vaccination does not cause PCR positivity in testing.
- Experiences with using the COVID-19 vaccines on pregnant women are limited and the vaccines can therefore be used during pregnancy only in cases where the possible benefits outweigh the possible risks to the mother and the foetus. However, the studies have not indicated any direct or indirect harmful effect neither to the pregnancy, the development of the foetus, the birth nor postnatal development. If you have received the vaccine while you were pregnant, notify your doctor or nurse who will forward the data to the vaccine manufacturer. The gathered data will help to assess the safety of the vaccine for pregnant women.
Do I still have to keep adhering to the restrictions after I have been vaccinated?

A person who has received a full course of the vaccine does not have to stay in isolation as a close contact or after returning from a trip for the next 6 months after vaccination. As more data comes in, it is possible that the period of exemption from isolation requirements will be extended even more.

We recommend that a person who has been vaccinated continues to wear a mask, keep a distance, and follow other infection safety measures in force in the society, in order protect themselves and other from the virus that is circulating.

When and where can I get vaccinated against COVID-19 and who will inform me of this?

I am in a risk group:

People who belong in a COVID-19 risk group have been divided into six risk groups, based on the health risk from infection due to their age and health condition (see the COVID-19 vaccination plan of Estonia). The vaccination will generally be administered by the family doctor or the family nurse. The vaccination of the risk group of people over the age of 80 began in February, the possibility to get vaccinated will keep opening up in stages, risk group-by-risk group.

The family doctor will issue an invitation to get vaccinated and will arrange an appointment for administering the vaccine. If your family doctor or nurse offers digital booking of vaccine appointments, you will find the information on open appointments from the national digital register.

Let the institution that invited you to get vaccinated know immediately if it turns out that you cannot go to get vaccinated at the agreed upon time.

I am an education worker, policeman, rescue worker, or other front line worker:

You will be notified about an opportunity to get vaccinated by your employer, who will facilitate arranging the vaccination order, i.e. the time and place, with the institution carrying out the vaccination. Register for a vaccination only if your wish to get vaccinated is certain. Notify at first chance if your decision has changed or if you cannot go to get vaccinated for some other reason.

I am not in the previously mentioned risk groups:

The state has the goal to make getting vaccinated possible for all wishers from May, 2021, at the latest. The opening up of the option to get vaccinated and the vaccination locations will be notified through the general channels of notification and the media.
What to keep in mind before and after getting vaccinated?

BEFORE:

Make certain to be on time for your vaccination appointment. Notify at first chance if you cannot go to get vaccinated at the arranged time, this way you will help to avoid loss of doses and allow for the next person who wishes to be vaccinated to be found quickly to take your place;

Wear a mask and follow other infection safety measures when you go to get vaccinated,

The vaccination information will be entered into digilugu. If you wish, you can take your yellow vaccination passport along.

AFTER:

After vaccination, you need to stay under observation at the healthcare facility for 15 minutes;

Passing but possibly unpleasant side effects might occur after vaccination. If you experience a fever, vomiting, balance issues, or some other symptoms, you should rest and avoid making sudden movements. The symptoms usually pass within a few days. Even after the fever has passed, you should give your organism a few days to recover before doing sports.

If the side effects that occur after vaccination are unusually disturbing or last longer than 2-3 days and they have not been described on the information sheet, contact your family doctor or call 1220.

You can notify the State Agency of Medicines of your side effects yourself at www.ravimiamet.ee >Teata kõrvaltoimest (in Estonian) (inform your vaccinator so that a notification would not be sent twice).

After receiving the first shot, you will get the information sheet of the packaging of the vaccine to which the time of administering the second shot will be noted down. An electronic notification about the time of administering the second shot will be sent through eesti.ee, either in an e-mail or to your phone as an SMS.
Where can I find information if I have questions?

- The vaccination order: from the state helpline 1247
- The questions about health: from the Family Doctors’ Advice Line 1220
- The newest information about vaccination: vaktsineeri.ee/en
- Frequently Asked Questions: kkk.kriis.ee/en
terviseamet.ee/en
- Medical advice: your family doctor