

Self-declaration form when you are offered COVID-19 vaccine

Before vaccination, please complete this form and take it with you to the vaccination centre. Tell the vaccinator about any previous dose(s) of COVID-19 vaccine you have had.

Surname, first name:
National ID number:
Signature:

Do not go to your vaccination appointment and notify as soon as possible if you:

- Have symptoms of a cold or fever over 38°C.
- Are in quarantine or isolation due to COVID-19 disease.
- Have been given another vaccine during the last seven days.
- Have had COVID-19 disease less than 3 months ago (for adolescents 12-15 years, this applies regardless of how long ago you had COVID-19)

If you answer YES to any of the questions below, you should find out whether special arrangements should be made before you have your vaccination. Read the next page and ask your doctor if you are unsure.

	Yes	No
Do you have a mast cell disease ?		
Have you had at least two courses of cortisone or been admitted to hospital during the past 12 months due to asthma ?		
Have you had at least three of the following symptoms during the past four weeks due to asthma ? <ul style="list-style-type: none"> • Symptoms during the daytime more than twice a week • Woke up at night • Need for relief medication more than twice a week • Limitation of physical activity 		
Have you suffered an allergic reaction to this vaccine or its ingredients in the past?		
Have you previously had a severe (life-threatening) allergic reaction to other vaccines, food, medicines, etc.?		
Has your bleeding tendency increased?		
Have you had COVID-19 disease more than three months ago?		
Has your immune defence system been severely weakened ?		
Are you breastfeeding or pregnant?		

To be completed by the **vaccinator** if the vaccination is not documented immediately in the electronic medical record system (EPJ)/SYSVAK:

Date and time	
Preparation/vaccine name:	
Batch/Lot number:	
Reason for vaccination: 1. Priority group 2. Health professional 3. Other	
Name of vaccinator (block letters):	

Information about special arrangements for vaccination:

Mast cell disease or uncontrolled asthma: If you have a mast cell disease, ask your doctor for an individual assessment. If you answered YES to one or both questions about asthma, it may be a sign that you have an uncontrolled asthma. You should contact your doctor for an assessment of how you should be followed up both before and during vaccination.

Previous allergic reaction to COVID-19 vaccine or other serious allergic reaction to other vaccines, food, medicines, etc.: Contact your doctor for a personal assessment. If a doctor recommends that you be vaccinated, special precautions and a longer period of observation after vaccination may be necessary in order to manage any allergic reactions.

Increased bleeding tendency: If you are taking blood-thinning medication, you can be vaccinated in the normal way. If your bleeding tendency has increased due to another underlying medical condition, you should contact your doctor for an individual assessment. If you have haemophilia and are being treated with coagulation factor, you should be vaccinated on the same day as you receive your last dose of coagulation factor.

Had coronavirus (COVID-19 disease): The main rule is that you will only need one dose of vaccine, which should be given no earlier than three months after you recovered. Adolescents aged 12-15 years who do not belong to risk groups for severe COVID-19 disease and who have already had COVID-19 are currently not recommended to be vaccinated. Find out more about the requirements that must be met in order to be issued with a COVID-19 certificate on the Norwegian Institute of Public Health's pages on [vaccination after having had COVID-19](#).

Severely impaired immunity: If you have severe immunodeficiency or are taking medications which severely impair your immune system, for example, due to haematological cancer, bone marrow transplant, organ transplant, etc., a shorter interval between doses is recommended for some vaccines. Tell the vaccination centre that you belong to this group, so they can adjust your vaccination schedule accordingly. If you are unsure whether or not you belong to the group, consult the doctor who is treating you for advice.

Breastfeeding and pregnancy: Vaccination is recommended for breastfeeding women, there is no known risk of transfer of coronavirus vaccines to breast milk. Studies indicate that coronavirus vaccination is safe for both the pregnant woman and the foetus, although experience with vaccinating pregnant women is limited. Vaccination is recommended for all pregnant women in the 2nd and 3rd trimester. Risk factors in the mother or high risk of infection may indicate vaccination in the 1st trimester. The risk groups for a severe COVID-19 disease course among pregnant women are the same as for the rest of the population.