



## Getting tested for Covid-19

**1177**  
VÅRDGUIDEN

 region  
västerbotten

## Getting tested for COVID-19

If you are entering Sweden from outside the Nordic countries and are not fully vaccinated, you are advised to get tested for COVID-19 on the first and the fifth day of your arrival. Also get tested if you have mild symptoms that could be caused by COVID-19. The test is free of charge, and you can take the sample yourself.

### Self-testing requires identification

When taking a self-test, you can use the temporary personal identity number provided by Umeå University to identify yourself. When you have settled in, contact one of Region Västerbotten's healthcare centres to be assigned a reserve number. The reserve number can be used for identification if you must get tested again, and in all other contact with Swedish healthcare.

If you have a Swedish personal identity number, or a coordination number assigned by the Swedish Tax Agency, these can be used for identification in all contact with Swedish healthcare.

### Collect and drop off a test

Kits for self-sampling can be collected at several places in Västerbotten County. A self-test centre is located nearby the university, at Gösta Skoglunds väg 8.

The kit should preferably be collected and handed in by someone who does not have symptoms, for example a family member or a friend. You cannot order a test to be delivered to you. Take the sample at home or in your car, not in public areas.

### Stay at home if you have symptoms

To avoid the risk of spreading COVID-19, it is very important to stay at home if you have symptoms. When you have taken a test, stay at home while you wait for the test results.

### Severe symptoms

If you have severe symptoms, do not take a self-test. Contact a healthcare centre.

### Visit Healthcare Guide 1177 for more information

1177.se is the national healthcare portal in Sweden. Here you will find more information on how to get tested for COVID-19:

- Common symptoms
- More information for travellers arriving in Sweden
- Detailed information on where and when to pick up and drop off self-tests
- Self-test instructions
- How to get help if you can't take a self-test
- COVID-19 testing for children
- Contact tracing
- What to do if you have COVID-19

Information about getting tested for COVID-19





## Vaccination against Covid-19

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## Vaccination against COVID-19 if you move to Västerbotten County

Everyone in Västerbotten who was born in 2005 or earlier is offered free vaccination against COVID-19. The same applies if you are not a Swedish citizen or if you are only staying temporarily in Sweden.

You can be vaccinated at a healthcare centre in the Västerbotten County, or at the central vaccination clinic in Umeå (Central vaccinationsmottagning Umeå). In Sweden, the healthcare centre (hälsocentral) is usually the first place to contact if you need medical attention. They are open daytime Monday to Friday.

### How to book an appointment for vaccination against COVID-19

For your first dose, you need to book your appointment yourself. When you receive your first dose, you will get a date and time for your second dose. If you have taken your first dose before arriving in Sweden, please read further down.

If you do not have a Swedish personal identity number, you need to book an appointment by visiting a healthcare centre of your choice. You will need to show some form of ID, such as an LMA card or EU card. Take your co-ordination number with you, if you have one.

The healthcare centre will give you a temporary number, a so-called reserve number, which you will need to keep until you have been given the second dose of vaccine. If you have a reserve number from previous contact with the healthcare centre, you can use this. Please note that you cannot use the temporary personal identity number provided by the University to identify yourself when booking an appointment for vaccination.

If you have a Swedish personal identity number, you can book an appointment by calling a healthcare centre of your choice

### If you have already received the first dose

If you have already received the first dose of vaccine when you enter Sweden, you need to book an appointment for the second dose yourself. When you book your appointment, you need to have the information on the date when you got the first dose as well as which vaccine you received.

If you do not have a Swedish personal identity number, you need to book an appointment by visiting a healthcare centre of your choice. You will need to show some form of ID, such as an LMA card or EU card. Take your co-ordination number with you, if you have one.

The healthcare centre will give you a temporary number, a so-called reserve number, which you will need to keep until you have been given the second dose of vaccine. If you have a reserve number from previous contact with the healthcare centre, you can use this. Please note that you cannot use the temporary personal identity number provided by the University to identify yourself when booking an appointment for vaccination.

If you have a Swedish personal identity number, you book an appointment by calling a healthcare centre of your choice.

### Visit Healthcare Guide 1177 for more information

Information about vaccination against COVID-19



Contact information to all healthcare centres in the Västerbotten County



# Healthcare in Umeå

The healthcare centre (hälsocentralen) is usually the place to go first if you need medical attention. At the healthcare center, you can get help if you have an illness or injury that requires immediate care but is not life-threatening. All healthcare centers are open daytime on weekdays.

If you need healthcare advice you can phone +46 771-11 77 00. The nurses at Health-care Guide 1177 give advice and serve as a guide to the healthcare system. Open around the clock.

## Healthcare Centres

Call the healthcare centre for advice or to make an appointment.

### Mariehems hälsocentral

+46 90 785 44 44  
Morkullevägen 9, Umeå

### Ålidhems hälsocentral

+46 90 785 44 58  
Tvistevägen 2, Umeå

### Capio hälsocentral Dragonen

+46 90 785 91 48  
Ridvägen 12, Umeå

### Citymottagningen hälsocentral

+46 90 785 93 21  
Nygatan 19B, Umeå

### Ersboda hälsocentral

+46 90 785 44 57  
Hälsogränd 3, Umeå

### Hälsocentralen Husläkarna i Umeå

+46 90 785 93 88  
Storgatan 28B, Umeå

### Norrlandsklinikens hälsocentral

+46 90 785 93 22  
Glimmervägen 5E, Umeå

### Tegs hälsocentral

+46 90 785 44 56  
Tegsplan 2C, Umeå

**Central vaccinationsmottagning Umeå** Only for vaccination, will close in autumn 2021.  
Nolia, Signalvägen 3, Umeå

## Emergency Care Medicine

If you are seriously ill or have been gravely injured, you can seek help at the emergency care clinic (akutmottagning) at the University Hospital of Umeå (Norrlands universitetssjukhus). Call the alarm number 112 if a person's life is in danger and you need help straight away.

How to seek healthcare



Contact information to all healthcare centres in the Västerbotten County

