IDA-TALLINNA KESKHAIGLA

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# Vaccination

The Centre of Occupational Health provides vaccinations, includingnon-schedule vaccines. Vaccination is subject to a fee, with the exception of free vaccinations against COVID-19 and influenza for at-risk groups.

Vaccinations take place **in the Tõnismäe unit (room TP0203)**.
From April to June, we offer vaccination against tick-borne encephalitis, and from October to November, we also offer influenza vaccinations once a week **at the Magdaleena Outpatient Clinic**.

Contraindications

- **Persistent contraindications:** anaphylactic reaction to the vaccine or its components, severe overall reaction after a previous dose of vaccine.
- **Temporary contraindications:** moderate or severe acute illness (including fever). Vaccination is postponed until recovery.

What to bring?

Please be sure to bring your **identity document with you** when coming for your vaccination.

For enterprises

Enterprises that wish to organise the vaccination of their employees, please contactanna.mjasnikova [at] itk.ee (anna[dot]mjasnikova[at]itk[dot]ee) or phone 606 7751.

We offer vaccination with the following vaccines:

- **Hepatitis A vaccine.** We vaccinate children and adults from 1 year of age. The course of vaccination against viral hepatitis A consists of two doses of vaccine at an interval of 6 months to 5 years. Re-vaccination is not indicated. We strongly recommend vaccinating people who travel to areas with poor hygiene and inadequate sanitation.
- **Hepatitis B vaccine.** We only vaccinate adults. Check with your family doctor about the possibility of vaccinating children. The course of vaccination against viral hepatitis B consists of three doses of vaccine at intervals of 0, 1, and 6 months. People born in 1990 and later were vaccinated under the National Hepatitis B Immunization Plan. We recommend vaccinating people who have not had the disease or been previously vaccinated, especially those who are occupationally exposed to vaccine-preventable disease.
- **Tick-borne encephalitis vaccine.** We vaccinate children and adults from 1 year of age. Vaccination consists of three injections. The first two take place between 14 days and 3 months apart, the third one up to a year later. Re-vaccination should take place every three or five years. The next dose can be checked in the Health Portal https://www.Tervisportaal.ee/. Since Estonia is an endemic region for the spread of tick-borne encephalitis, we definitely recommend that all persons living in Estonia be vaccinated with the tick-borne encephalitis vaccine.
- **Diphtheria, tetanus vaccine.** We vaccinate adults. According to the national immunisation plan, children are last vaccinated between the ages of 15 and 16, after which revaccination is required every 10 years. The vaccine is free for everyone. However, we charge a small fee for providing the vaccination service. It is recommended that all adults who were last vaccinated 10 years ago be revaccinated.
- **Diphtheria, tetanus, pertussis vaccine.** We only vaccinate adults. Check with your family doctor about the possibility of vaccinating children. According to the national immunisation plan, children are last vaccinated between the ages of 15 and 16. We recommend that pregnant women and all unvaccinated family members with infants under 3 months of age be vaccinated against diphtheria, tetanus, and pertussis. We vaccinate from the 27th week of pregnancy; the vaccine is subject to a fee for all adults (including pregnant women).
- **Flu vaccine.** The seasonal vaccine is given once every flu season. We vaccinate people from 6 months of age. We usually vaccinate between the end of September (depending on the time of arrival of the vaccine) and the end of March, but a better time to vaccinate is between October and December. We recommend vaccination for all children and adults. Risk groups (over 60 years of age, 6 months to 7 years of age (included)); pregnant women) are vaccinated with a free vaccine provided by the Health Insurance Fund (please specify the availability of a free vaccine from the registrar upon registration).
- **Covid-19** vaccine. We vaccinate from 12 years, vaccination is free of charge. Vaccination against COVID-19 is only guaranteed for at-risk groups. You can check whether you belong to a risk group on the website Vaccination.ee. We will vaccinate when 6 months have passed after recovering from Covid-19 or the previous vaccination.
- **Mumps-Measles-Rubella vaccine.** NB! Please phone 666-7713 and check for the availability of vaccines.We vaccinate adults, and recommend that you check for the presence of antibodies first. We recommend vaccinating people who have not had measles, mumps or rubella, or who have not been vaccinated against these diseases. Those who were born after 1993 and were properly vaccinated in childhood according to the national immunization plan do not require revaccination. The nurse in the vaccination room will advise you regarding the need for vaccination. NB! Since it is a live vaccine, vaccination of pregnant women is prohibited, and getting pregnant should be avoided for up to 1 month after vaccination.