



Information about COVID-19

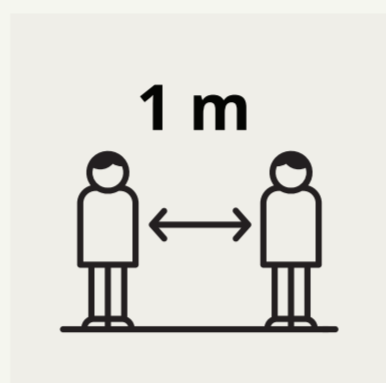
Prevent the spread of COVID-19



Wash your hands often.



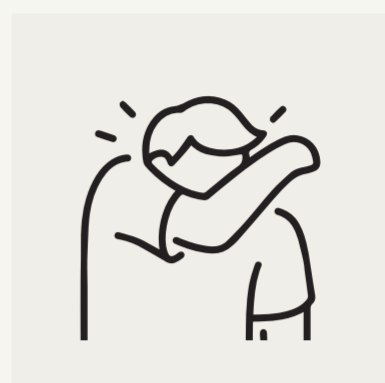
Stay home when you are sick.



Maintain at least 1 meter distance between yourself and others.



When it's impossible to keep 1 meter distance. You might be asked to use face mask.



Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.



Symptoms

Most common symptoms:

Fever, coughing and difficulty breathing. The loss of smell and taste can also be a symptom.

More serious symptoms:

Some people develop pneumonia, breathing difficulties or other serious illnesses.

Testing

Who?

1. Persons with symptoms of a respiratory tract infection or other symptoms that can be caused by covid-19.
2. Persons who might have been exposed to the virus, either as a close contact to someone with confirmed covid-19 – or when arriving back in Norway after having visited a "red area" during the preceding 10-day period.

*Countries with high transmission get marked as "red area". Get information and updates at www.FHI.no.

How ?

1. Call your doctor or local emergency room. They will consider if you need testing and give you an appointment at the local test centre.
2. Go to centre at given time and take the test. Your doctor or emergency room will give you information about how testing is done safely at the test centre. Testing is free of charge.
3. After a few days you will be able to check your result online with electronic ID on: <https://helsenorge.no/coronavirus/test-results>

EMERGENCY

- If you develop a high fever and breathing difficulties, contact your GP or the emergency medical centre as soon as possible. Telephone 116 117
- Call 113 when life is in danger or if life threatening injury.

For additional information

KIA NORGE (information in 39 languages): <http://kianorge.no/covid-19> • Helse Norges public information number: 815 55 015 (monday-friday from 08:00 to 15:30)