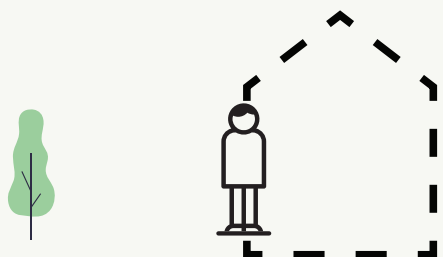


The difference between quarantine and home isolation

If you are a close contact of someone who have confirmed covid-19 or if you have arrived to Norway from a "red area"-country, you are in:

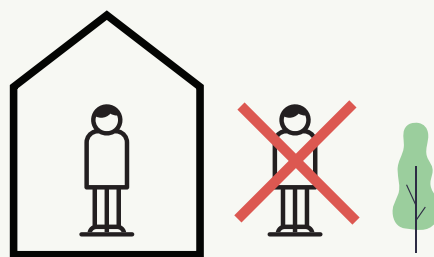
QUARANTINE



- ✗ Do not go to school or work.
- ✗ Do not use public transport.
- ✗ Avoid visiting others and do not invite visitors home.
- You can go for a walk, but you must stay more than 1 meter away from other people.
- You can go to the grocery store or pharmacy if absolutely necessary.
- Persons living in the same household can socialize in the normal way.
- The persons you live with are not in quarantine.
- If you experience symptoms of respiratory infection, you must go into isolation and get yourself tested. A positive covid-19 test means you must go into home isolation.

If you have tested positive for covid-19 you are in:

HOME ISOLATION



- ✗ Do not leave your home.
- Maintain a safe distance from everyone else in your home.
- Use a separate room and bathroom if it is possible.
- Clean surfaces frequently.
- Ask someone else to do your shopping.
- Discuss with your doctor how you should monitor your health.
- The people you live with must go into quarantine.

Last updated:
November 24, 2020

ENGLISH



Information about COVID-19



For additional information

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



kianorge.no

Information from **November 24, 2020** - FHI & HelseNorges websites.
Find latest news, updates and information:
www.fhi.no or www.helsenorge.no

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 is 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

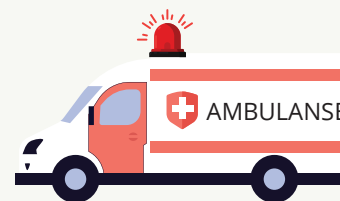
Who?

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 the centre at your 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.



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.

Test results at HelseNorge.no

Login at HelseNorge using electronic ID to find test results:
<https://helsenorge.no/coronavirus/test-results>

Social distance

Guidelines for gathering in private homes (local measures may vary)

- Limit the number of close contacts (do not have many visitors or be social with many different people).
- Keep a safe distance. Do not hug or shake hands. Keep 1 meter between guests.
- Practice good hand hygiene and cough etiquette. Make it easy for your guests to wash their hands. Both when they arrive and during the visit.
- Only people who are healthy should be present.
- Keep an overview of who is present.

Stay updated at www.fhi.no