

Dear residents of Randaberg!

The last week has been extremely challenging for all of us. Our children are staying home from nursery, pupils are being educated at home, the sports centres have closed and many of us are unable to meet with older residents. The situation is so unique that it is almost incomprehensible!

Is all of this necessary? Would it really be that bad if we relaxed a little now?

The answer is simple, it is **now** that it counts. We do not want to lose anyone here in Randaberg. The restrictions that are being put into place are completely necessary and we have to trust our national health authorities. Everyone has to contribute and we all share the responsibility for minimising the spread of the virus to the greatest extent possible so that we can maintain the key functions of society - not least in terms of healthcare. Perseverance is therefore important now.

Follow the advice issued by the health authorities

Those of you who have been quarantined – please remain in quarantine! The rest of us must remember to follow the advice to stay at a distance of at least one metre from other people. We should visit the shops on our own. We should not visit anyone else unless strictly necessary. This will contribute to ensuring that society can return to normal as soon as possible.

Many people are now being laid off from work. Many businesses are already noticing a substantial decline in revenue. I am glad that a united parliament has adopted crisis packages and changes to regulations regarding layoffs. The local authority is preparing for crisis and we are equipped to manage what comes next. I cannot praise everyone who is giving their all during this time highly enough. The willingness to carry on and the creativity that is being shown in various areas is incredible. We are also seeing a great sense of community - volunteer teams and organisations, businesses and neighbours are all helping one another during a challenging time.

We have to take extra care of older and vulnerable people

Those who fall ill during the first period of a pandemic are often the youngest, most mobile and healthy part of the population. These people are still carriers. We therefore see very few people getting seriously ill during this phase of the spread of the disease.

In the coming period, we have to shield the group that is at most risk, that is the elderly and those with serious underlying health problems. We have to shield care homes, retirement homes, nursing homes and elderly residents who are still living at home from the infection. Based on developments in other countries, we know that this demographic is much more at risk of serious illness and death.

Back to normal as soon as possible

I am incredibly glad to see the commitment and contributions from so many of you. In the coming days and weeks, we have to take extra care of one another - we have to take care of our closest family and our friends and colleagues.

The community has come together to assist with the extensive ongoing efforts. This could take some time but together we will get through this crisis that is affecting us all.

Jarle Bø

Mayor of the Municipality of Randaberg

Ole Bernt Lenning

Municipal Chief Medical Officer