



To you who are close contacts:

All close contacts shall be tested and stay in quarantine for 10 days after exposure.

You have been in close contact with a person with confirmed COVID-19 disease and must be in quarantine in 10 days.

People who are in quarantine are basically well but have been in a situation where they may have been infected. This applies to close contacts of people with COVID-19 and people who have been travelling to an area with widespread transmission.

For close contacts in quarantine, the following apply:

Duration of quarantine for close contacts:

If you are defined as close contact to someone who has tested positive for COVID-19, you must be in quarantine for 10 days from the last contact with the patient

Duration of quarantine for close contact who is a household member

Healthy household members to a COVID-19 patient with symptoms can end their quarantine 10 days after the last near contact with the person who is sick. This assumes that the healthy and the sick can live separately in the same household; i.e. separate bathroom, bedroom and common rooms during the quarantine period. If living separately in a joint household is not possible, the quarantine for the healthy household members will end 15 days after the onset of symptoms for the household member who last became ill.

Healthy household members of a COVID-19 patient without symptoms (asymptomatic) can end their quarantine 10 days after the test date for the infected person. This is regardless of whether there is contact between the infected person and other household members. If the isolated, asymptomatic person develops symptoms during their isolation period, the quarantine for household members will be affected.

- As a close contact you should be tested, contact the sender for testing .We advice the test on day 5-7 after exposure. [Online booking here.](#)
- You can call the corona phone: 51 91 27 27.
- You can be in normal contact with household members, but avoid visits.
- Do not go to work, school, childcare centre or other activity outside the home.
- Do not take long trips in Norway or travel abroad.
- Do not use public transport.
- Avoid places where it is difficult to maintain a distance from other people.
- As a rule, you should not visit public places like shops and cafes.

If there is no alternative, you may go out to carry out a necessary errand to the super

market or pharmacy, but ensure that you keep a distance (at least 1 metre) from other people and avoid queues.

- You can go for a walk, but keep a distance of at least 1 metre from others.
- Be alert for any symptoms. If you develop a fever or respiratory tract symptoms, isolate yourself as soon as possible. If you have symptoms of COVID-19 you should be tested again.

Contact the sender for testing at 51 91 27 27. You will receive information about when and here to show up.

- Negative test result will not free you from your quarantine. You must stay in quarantine for 10 days.
- Positive test result: You go into "self isolation". You will be contacted by the local health authorities and followed up by your doctor.
- Do not turn up without an appointment.

Time from infected to symptoms:

If you have been infected, it normally takes 4-6 days for symptoms to become apparent. But it can also take 0-10 days. People are most contagious while they are experiencing symptoms. Fever, coughing and difficulty breathing are the most common symptoms. Some people develop pneumonia, breathing difficulties or other serious illnesses.

Keep yourself updated:

The authorities are asking everyone living or staying in Norway to read the important information and advice provided about coronavirus at www.fhi.no and www.helsenorge.no. This advice is updated regularly. The information is available in both Norwegian and English. If you find it difficult to understand anything, please ask someone you know for help or you can call the public telephone 815 55 015.

The testing is done at the respiratory emergency room located at Stavanger Forum. Your personal data will be registered and stored in the patient record system and the digital contact tracing system (remin.no) used by Randaberg kommune. Your right to access your information is regulated by the law on patient and user rights (pasient- og brukerrettighetsloven) § 5-1.

All employees processing your personal data are subject to confidentiality. If you need more information, please contact Randaberg kommune.