



## You have COVID-19 and are in home isolation

People with confirmed COVID-19 must be isolated at home, in a healthcare institution or elsewhere. Home isolation applies for people with probable or confirmed COVID-19 but who do not need to be admitted to hospital.

### **These apply for people in isolation:**

- Do not leave your home, although you can go into your own garden or your own balcony.
- Arrange help from others to perform necessary errands.
- Keep at least 1 metre distance between you and the people you live with, if possible.
- If possible, use a separate room and bathroom. Use your own towel and toiletries.
- Agree with your doctor how you should monitor your condition.
- Ring the healthcare service if you need medical attention because your condition has deteriorated (for example, you get breathing difficulties) or other reasons. Explain that you have COVID-19 when you ring so they can then arrange measures to prevent others from being infected. Do not use public transport.
- Clean your home frequently. Clean surfaces such as bathroom sinks, toilets, door handles and kitchen worktops. Ordinary cleaning products are sufficient. Place used textiles and bedding directly in the washing machine and wash at a minimum of 60 °C.
- The people you live with shall be in quarantine.
- The people you live with must be careful about hand hygiene with frequent hand washing with soap and water. Remember to wash or disinfect your hands when you leave the room where the isolated person is staying and after being in contact with the isolated person or equipment they have used, and before leaving the house.
- Your doctor will assess how long you need to be isolated. You need to be isolated for at least 8 days after you become ill.

Your personal data will be registrated in Randaberg municipalitys system for outbreak control.