

Do not call the duty doctor or doctor's surgery if you are feeling well.

Do you have any questions about coronavirus? Read www.randaberg.kommune.no/korona, www.fhi.no (the website of the Norwegian Institute for Public Health) and www.helsedirektoratet.no (which provides national regulations applicable to everybody).

You can also call the coronavirus hotlines on 51 91 40 30 (local) or 815 55 015 (national). These lines are open Monday-Friday from 09:00 to 18:00 and on Saturday and Sunday from 10:00 to 16:00.

If there is a chance that you could be infected, call the duty doctor coronavirus line on 51 91 40 30. They will assess the situation and decide whether you require testing and quarantine at home. This telephone line is open every day from 09:00 to 22:00.

Please stay home if you have been quarantined. Do not visit shops or other places where you could easily come into contact with others.

If you otherwise feel unwell, call the doctor's surgery before arriving and call the duty doctor on 116 117 before turning up at casualty.

Wash your hands thoroughly with soap, ensure that you do not cough or sneeze directly onto others and cough/sneeze into a tissue (that is subsequently discarded) or into the inside of your elbow.

Avoid shaking hands, kissing and hugging as far as possible, as this can reduce the transmission of the infection.