Social distancing – what you need to do

By maintaining a safe distance from others, we help to slow the spread of coronavirus (COVID-19)

1) General advice for the population
   - Follow good cough etiquette and hand hygiene.
   - You and your closest circle can be together as normal.
   - You must decide who is in "your closest circle", but it should not include too many people and it should not change over time!
   - Stay further away from people outside your closest circle.
   - Avoid physical contact, including handshakes and hugging.
   - There should be at least 1 metre between you (the face-to-face distance is the most important; if you stand back-to-back or behind one another in a queue, there will be less risk of infection).
   - If you have symptoms of a respiratory tract infection, you must stay at home for 24 hours after you have become symptom-free.
   - If you have symptoms of COVID-19, you should be tested. Check your municipality’s website, contact your doctor or call 116117

2) You are a close contact
   A distinction is made between "household members and equivalent close contacts" who need to be in quarantine, and "other close contacts" who are followed up with testing and advice. You will be told which category you fall into.

All close contacts:
   - You must limit the number of people you have close contact with, avoid large gatherings and crowds.
   - You can be with the people you live with as normal.
   - People you live with are not in quarantine.
   - If you have symptoms of a respiratory tract infection, you should self-isolate and be tested.
   - A negative test will not shorten the time you need to spend in quarantine/follow-up.
   - A positive test means you must go into home isolation.
Household members or equivalent close contacts must remain in quarantine for 10 days after their most recent exposure. Anyone arriving in Norway from another country must also go into quarantine:

- You can be with the people you live with as normal, but you should avoid having visitors.
- You must not go to school or work.
- You must not make long journeys within the country or travel abroad.
- You must not travel on public transport.
- You should avoid places where it is difficult to maintain a safe distance from other people.
- You should avoid public places, such as shops and cafés. In the absence of alternatives, you can go out to the shops or pharmacy to do your errands – but you must make sure you maintain a sufficient distance (1 metre) from other people and avoid queues.
- You can go for walks outside, but you should stay at least 1 metre away from other people.
- Be alert to your own symptoms. If you have a fever or respiratory tract symptoms, you should self-isolate as soon as possible and contact a doctor to arrange a test.

"Other close contacts" who must be followed up for 10 days:

- You can go to school or work
- Check daily for any symptoms of a respiratory tract infection or whether you feel ill.
- You should be tested as soon as possible and take another test 2-3 days after the first test.
- If you are a health worker or come into contact with patients, your employer should be informed so that they can consider whether or not you can continue to work.

3) You have confirmed or probable COVID-19 and are in home isolation

- Stay at home.
- Maintain the full distance from other people you live with.
- If possible, use a separate room and bathroom.
- Clean surfaces frequently.
- Get someone to do your shopping for you.
- Agree with your doctor how you should monitor your health.
- People you live with must go into quarantine.

For more translated information concerning COVID-19, see:

- https://helsenorge.no/koronavirus/informasjon-pa-andre-sprak/