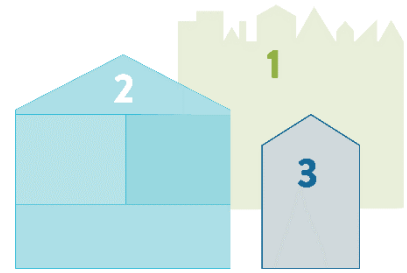


# Social distancing – what you need to do



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://www.fhi.no/nettpub/coronavirus/fakta/generell-informasjon-koronavirus-pa-flere-sprak/>
- <https://www.fhi.no/nettpub/coronavirus/rad-til-personer-som-er-smittet-eller-har-vart-utsatt-for-smitte/informasjon-om-hjemmekarantene-og-isolasjon-pa-ulike-sprak/>
- <https://helsenorge.no/koronavirus/informasjon-pa-andre-sprak>