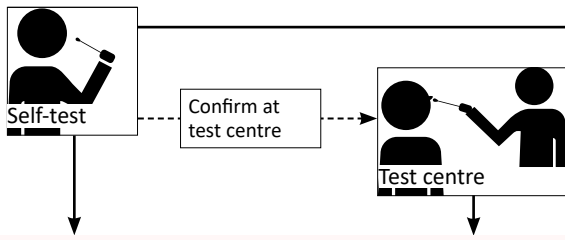


If you have a positive coronavirus test result



You must be in isolation:

- Isolation lasts until at least 5 days after the symptoms began AND you have been fever-free for 24 hours without using medicine to control the fever.
- If you have no symptoms, isolation lasts for 5 days after the test date, but only 2 days for people who are fully vaccinated. If you have symptoms, isolation applies for 5 days from when the symptoms began.
- Stay at home.
- Keep a distance to those you live with.
- For children and people who need health care, their need for care has a higher priority than keeping a distance.
- Use a face mask if it is difficult to keep a safe distance from those you live with. Alternatively, those you live with can wear a face mask.
- You should have your own room.
- You cannot have visitors.
- If your residence is not suitable for isolation, your municipality will help you to find an alternative place.

More information can be found on the NIPH's website:
<https://www.fhi.no/en/op/novel-coronavirus-facts-advice/facts-and-general-advice/quarantine-and-isolation/#you-have-covid19-and-are-in-home-isolation>

Call the health services if you are concerned about your child, or if you need medical attention yourself – regardless of positive/negative test result.

Inform your close contacts as soon as possible!

Close contacts are people you have been in close contact with from 48 hours before you had symptoms until you are isolated. If you do not have symptoms, you only need to contact those you have had contact with after you took the test and until you isolate yourself.

Remember to register a confirmed positive test result in the Smittestopp app: <https://www.helsenorge.no/en/smittestopp/#download-smittestopp>



Tell **all** your close contacts to:

- Follow closely for 10 days to see if they develop COVID-19 symptoms.
- Be tested immediately if they develop symptoms.

Household members or equivalent close contacts: Those you live with or have had lengthy or physical contact with, such as a romantic partner, best friend or overnight guest.

- **Fully vaccinated people and people who had COVID-19 less than 12 months ago:** Take one test as soon as possible and another test within 7 days, preferably between days 3-5. People who had COVID-19 within the last 3 months do not need to be tested.
- **Unvaccinated and partially vaccinated people:** Self-test every day for 7 days, or take a PCR test every other day at a test centre for 7 days.
Unvaccinated and partially vaccinated people over the age of 18 are required by law to test themselves; everyone else is recommended to be tested.
- Everyone must stay at home until there is a negative result for the first test.

Other close contacts: People you know that you have been closer than two metres for more than 15 minutes, or have had direct physical contact with.

- **Fully vaccinated and people who have had COVID-19 less than 12 months ago:** No test - but test if you have symptoms.
- **Unvaccinated and partially vaccinated people:** Take one test as soon as possible.

If any of your close contacts work in the health and care service, inform them that there are stricter recommendations for them, and that they can find information at www.fhi.no.

If you have a negative coronavirus test result

- Stay home until you feel well and have been fever-free for 24 hours.
- If you have only vague symptoms (such as a slightly runny nose or a mild headache), you can return to work / school immediately. However, if the symptoms get worse, you should go home and consider taking a new test.
- If you are a close contact and have been tested without symptoms, follow the rules described above.