

## General information about COVID-19

COVID-19 usually only causes mild symptoms, but some people can become very ill. This is particularly true of older people, or people who are already ill. It is therefore vital that everyone helps to slow the spread of infection through the population. You can do this by always following the rules and regulations that are issued both locally and nationally.

It usually takes 4–5 days from when you become infected until you experience symptoms of COVID-19. Most people who are infected get symptoms within 10 days. You are most contagious 1–2 days before you get symptoms and on the first days of symptoms.

COVID-19 can cause everything from mild symptoms to serious illness and, in some cases, death. Some people may have COVID-19 without noticing any symptoms.

People who become ill initially experience symptoms such as sore throat, cold-like symptoms and mild cough, as well as feeling unwell, fever, headache and muscle aches. Some people also experience stomach pain or diarrhoea. Decreased sense of taste and smell are characteristic of the illness, although not everyone experiences this. Some people develop more serious symptoms such as difficulty breathing, chest pain and confusion. They may need to be admitted to hospital.

Vaccinated people may experience mild cold-like symptoms if they get COVID-19.

If you have symptoms of COVID-19 or respiratory illness, it is important that you test yourself. This also applies even if you only have mild symptoms. Stay at home while you wait for the test result.

### **Advice for preventing infection:**

When you have new symptoms in the airways (lungs, throat or nose):

- Everyone who is ill should stay at home and test themselves. This also applies to people who are vaccinated, as well as people who have previously had COVID-19. It is recommended that children are also tested. Parents/guardians decide whether a child should be tested.
- You can usually test yourself with a self-test at home. You must book an appointment at the test station if the test you take at home is positive.
- You should stay at home until you feel better.

Cough and hand hygiene:

- Avoid coughing and sneezing directly at others. Use a paper tissue or sneeze/cough into your inner elbow. Discard the paper tissue and wash your hands or use a hand sanitiser afterwards.
- Keep your hands clean. Wash your hands with soap and water. If soap and water are not available, you can use an alcohol-based hand sanitiser.

Vaccine:

- It is recommended that everyone offered the COVID-19 vaccine takes it.
- Contact your local municipality for information about where and when you can get vaccinated.

#### Isolation and quarantine:

- Stay at home if you are in quarantine or isolation.
- It is a requirement that people who have confirmed COVID-19 infection must isolate themselves. This also applies to vaccinated people.
- If you are in isolation, you must keep a safe distance from others. You and your household cannot have visitors and you must not use public transport (bus, train, ferry or similar).
- If you care for children, it is more important that they are looked after than you keeping a safe distance from them.
- You should notify your local municipality of any positive test result.
- If you are infected, it is important that you notify your close contacts.
- If you require medical help, contact your GP by telephone. You can also call the emergency room on 116 117. Explain that you have COVID-19 when you call. In case of emergencies, ring 113.
- If you are a close contact to someone who is infected, you may be required to quarantine. It is important that you follow the information you receive from the infection control team where you live.
- Quarantine is less strict than isolation. When you are in quarantine, you must keep a safe distance from others.
- If you have installed the [Smittestopp](#) app, we encourage you to report if you are infected in the app. This only applies if you have tested positive at the municipality's test station.

#### High risk groups:

- If you belong to a group that is at increased risk of serious illness from COVID-19, you should particularly protect yourself against infection, for example, by avoiding congested areas or keeping your distance from others. The vaccine protects you from serious illness.

If there are high levels of infection on a municipal or national level, various infection control measures may be introduced. This could include keeping a distance of one metre from others, or using a face mask when it is not possible to keep a distance.

The infection situation in the country changes. The situation is different from one municipality to the next. It is important to keep yourself updated with the recommendations and rules that apply to both your municipality and to the entire country.

The authorities ask everyone living or staying in Norway to read important information and advice about the coronavirus at [www.fhi.no](http://www.fhi.no) and [www.helsenorge.no](http://www.helsenorge.no). The advice may change and is updated on a regular basis. Information is available in Norwegian and English. If you do not understand the information, please ask for help from someone you know.