

## To "other close contacts"

This information is intended for anyone who has been notified by a healthcare professional that they have come into close contact with someone who has tested positive for COVID-19. There are two types of close contact: 1. Household members and other similarly close contacts (*Hustandsmedlemmer og tilsvarende nære kontakter*), and 2. Other close contacts (*Annen nærkontakt*).

As an "other close contact", you should be tested for COVID-19 and monitor your health for ten days.

Few close contacts become infected, and most people who become ill only experience mild symptoms. A small number of people can become very ill, and it is therefore important that we slow down the spread of infection amongst the population. Testing, quarantine and isolation are essential in order to achieve this.

### Testing

As an "other close contact", you should contact the health service where you live as soon as possible to get yourself tested for COVID-19. You should go into quarantine until you receive the result of the first test. About seven days after you could have been infected, you will need to be tested again. Until you have received the result of the second test, you should remain in quarantine during your free time, but you can still go to school or work. The test is free.

### You must monitor your health for ten days

As an "other close contact", you can socialise with people you live with normally and you can go to school or work, but you should do the following:

- Limit the number of people you come into close contact with and avoid large gatherings and congestion.
- Assess your health every day for ten days. Go through the form below to keep track of your health.

| <b>Log for assessing your health for ten days</b>   |       |       |       |       |       |       |       |       |       |        |
|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| <i>Insert an X in the appropriate box each time you check whether you have any symptoms of respiratory infection and whether you feel ill</i> |       |       |       |       |       |       |       |       |       |        |
|   | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |
| Morning   |       |       |       |       |       |       |       |       |       |        |
| Evening   |       |       |       |       |       |       |       |       |       |        |

- If you experience any symptoms of respiratory infection or if you feel ill, you should immediately go into isolation. Contact the health service where you live to arrange a test and subsequent follow-up.

If you are a healthcare professional who works directly with patients, your employer must be informed so that they can assess whether you can go to work.

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Language: English  
Created: 06/2020 Amended: 07/2020

### Keep yourself updated!

This advice is updated regularly. The authorities are asking everyone living or staying in Norway to read the important information and advice provided about coronavirus at [www.helsenorge.no](http://www.helsenorge.no) and [www.fhi.no](http://www.fhi.no). Ask someone you know to help you if you find the information difficult to understand. You can also call the helpline on 815 55 015.