

Information for those who have had a coronavirus test

When you have a test for COVID-19, the sample will be sent to a laboratory for analysis. Contact your doctor if you become ill or need medical care while waiting for your result.

What you need to do while waiting for the test result

- **If you had the test because you have had common symptoms associated with coronavirus** (fever, cough, breathing difficulties or loss of sense of taste or smell), you should stay at home until you receive your test results. You should not go to work or school, you should not travel on public transport or visit public places, and you should make sure you keep a safe distance from everyone other than other members of your household. The people you live with do not need to stay at home, even if they work in the health service.
- **If you had the test because you have been notified by the Norwegian Institute of Public Health's Smittestopp app** that you have been near someone who is infected with COVID-19, you should stay at home until you found out your test result.
- **If you are in mandatory quarantine and had the test without experiencing any symptoms of coronavirus**, you must still complete the quarantine period.
- **If you are in quarantine and had the test because you have had common symptoms of coronavirus** (fever, cough, breathing difficulties or loss of sense of taste or smell), you should follow the rules for isolation. The rules for isolation are stricter than those for quarantine. The people you live with should go into quarantine until you receive your test results.
- **If you had the test even though you did not have coronavirus symptoms and you have not been exposed to infection**, you do not need to stay at home until you receive your test results. This applies, for example, if you had the test because you are taking part in a research project, you are going to visit an institution, or you have to be tested in order to travel.

How to get the test result

After around 1-2 days, you will be able to find out the result of your coronavirus test at Helsenorge.no (www.helsenorge.no/provesvar). It can sometimes take a little longer.

Everyone with a Norwegian national identity number or D number who has a registered mobile phone number or e-mail address under Contact details ("Kontaktinformasjon") at helsenorge.no will be notified by text message or e-mail when their result is available.

If you have coronavirus, it will say that the result is positive/confirmed ("positivt/påvist"). If you do not have coronavirus, it will say that the result is negative/unconfirmed ("negativt/ikke påvist").

If the test shows that you have coronavirus (positive test result)

If the test shows that you have coronavirus, you must go into isolation. Your municipality will call you in order to carry out what we call "contact tracing".

Contact tracing is important in order to stop the spread of infection, and everyone you live with and everyone you have been in close contact with must therefore go into quarantine.

The municipality has a duty of confidentiality. It is important that you understand each other, so you must ask if you are unsure about anything. You can ask for an interpreter if you find it difficult to understand the language. It is free to have an interpreter.

If the test shows that you do not have coronavirus (negative test result)

- **If you had the test because you were experiencing coronavirus symptoms**, you can go back to work or school when your fever has disappeared and you are feeling better. It is OK if you still have a slight cough or other similar symptoms.
- **If you had the test while you were in quarantine**, you must complete the quarantine period, even if you feel well.
- **If you had the test because you were notified by the Norwegian Institute of Public Health's Smittestopp app**, you can go back to work or school. If you experience any of the normal symptoms of coronavirus, you must have another test.

Advice and rules concerning quarantine and isolation

- Advice and rules concerning quarantine and isolation: <https://www.fhi.no/en/op/novel-coronavirus-facts-advice/facts-and-general-advice/social-distance-quarantine-and-isolation/>
- The advice and rules concerning quarantine and self-isolation have also been translated into 42 languages <https://www.fhi.no/en/op/novel-coronavirus-facts-advice/information-material/informasjon-different-languages/>
- Under current law, it can be a criminal offence to break the rules for isolation and quarantine.