

When you have had a coronavirus test (test for COVID-19)

When you are tested for COVID-19 it can take a few days before you get the result. Contact your doctor if you become ill or need medical care while waiting for your result.

Anyone who suspects that they may be infected with coronavirus should be tested as soon as possible. The most common symptoms are fever, cough, headache, sore throat, breathing difficulties or loss of sense of taste or smell. Some people have more severe symptoms and some may not realise that they are infected.

You should be tested if you are in quarantine, if you were notified by the Smittestopp app, or if you may have been exposed to infection.

What should you do while you wait for your result?

Most people who have taken a test must stay at home, or they are in quarantine, while waiting for a test result. You must not go to work or school, you should not take public transport and you should go to public places. You should keep a physical distance from everyone, including adults and older children that you live with. Young children should be cared for as normal.

- **If you had the test because you have symptoms of coronavirus**, you should stay at home and keep a distance from others while you wait for your test result.
- **If you had the test because you have been near someone who is infected or you were notified by the Smittestopp app**, you should stay at home while you wait for your test result.
- **If you are in mandatory infection quarantine**, you should be tested both when the quarantine starts and again before it ends. Quarantine is required by law, and you can be fined if you do not comply. Those you live with must be in waiting quarantine until you receive a negative result from the first test. You must continue to be in quarantine in this period. You should be tested again 7 days after the last contact with the infected person. If the test after 7 days is negative, you can end the quarantine. If you are not tested, the quarantine lasts for 10 days after the last contact with the infected person. If you have symptoms, you should be tested again.
- **If you are in entry quarantine** after arriving in Norway, you must be tested both on arrival and after 7 full days. Tests and quarantine are required by law and you can be fined if you do not comply. If the test after 7 days is negative, you can end the quarantine. If you live with others and cannot keep a physical distance, they should stay at home while you are in quarantine. If you develop symptoms, you should be tested again.
- **If you are in mandatory quarantine and had the test because you have symptoms of coronavirus**, you should follow the rules for isolation because it is probable that you have COVID-19. The rules for isolation are stricter than those for quarantine. The people you live with should go into quarantine until you receive the results from your first test. The people you live with may also need to be tested.
- **If you were tested 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 your test result

After around 1-2 days, you will be able to find out the result of your coronavirus test at Helsenorge.no (<https://www.helsenorge.no/en/test-results/>). Sometimes it can 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 the result is available. If you do not have a Norwegian national identity number or D-number, you must contact the test centre where you were tested, or the corona helpline in your municipality to get your results.

If you have coronavirus, the result will show positive or confirmed (“positivt/påvist”). If you do not have coronavirus, the result will show as negative or unconfirmed (“negativt/ikke påvist”).

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

If the test shows that you have COVID-19 (coronavirus), you must go into isolation. The contact tracing team in your municipality will call you.

Contact tracing is important in order to stop the spread of infection. All your close contacts (everyone you live with and everyone you have been in close contact) must therefore go into quarantine. They should also be tested.

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.

The municipality can help you to find somewhere else to live if you cannot keep a distance from people you live with while you are in isolation.

Advice and rules about 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 many 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.