

Til deg som har fått beskjed om å være hjemme i isolasjon eller karantene

Språk: Engelsk/English

Opprettet: 03/2020 Oppdatert: 02.07.2021

If you are told to stay at home in isolation or quarantine

Most people who have coronavirus (COVID-19) only have mild symptoms, but some can become very sick and some may die. This is why we are trying to slow down the spread of infection in society.

To prevent further infection, people with coronavirus must be completely isolated from other people. Anyone who is believed to be infected must be in quarantine.

Isolation and quarantine is not a choice. If you are told that you are in quarantine or isolation by the doctor or municipality you live in, you must follow the rules and advice for this. Anyone who does not comply can be punished with fines or imprisonment. You can also be asked to stay at home without it being required by law.

What does it mean to be in isolation?

If you have coronavirus, you will be told to isolate. This means that you should not be near other people, not even those you live with. You should be in a room by yourself, eat in this room and preferably not share a bathroom, toilet or kitchen with others. You cannot go out. Young children or people who need help must receive their normal care.

If you do not have a suitable place to isolate, the municipality will help you to find somewhere.

Isolation lasts until the doctor says that you can no longer infect others. Contact a doctor or the emergency out-of-hours clinic (telephone 116 117) if you feel very unwell or need medical help. Some people become so ill that they have to go to the hospital. The doctor will decide this.

If you are told that you have coronavirus, the municipality will call you about "contact tracing." This is important to stop infection. Everyone you live with, and everyone you have been close to recently, must be in quarantine.

The municipality has a duty of confidentiality. It is important that you understand each other, so ask if you have any questions. You can ask for an interpreter if it is difficult to understand the language, this is free.

What does it mean to be in quarantine?

If you are told that you have been exposed to infection, you must be in quarantine. The same applies if you travel to Norway from many other countries. Quarantine means that you must keep a physical distance from everyone, including those you live with. Exceptions may be for young children and people in need of help who must receive their normal care.

On arrival in Norway, most people will have to stay in a quarantine hotel for several days, and pay for this themselves. If you are going to be in quarantine at home, you should preferably have your own room, and do not use common rooms when others are there. If this is not possible where you live, you may be offered somewhere else to stay, such as a quarantine hotel.

You should not go to school, work, or participate in other activities.

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You cannot use public transport (bus, tram, subway, train, plane or ferry).

You can walk outside alone, but you should keep 2 metres away from others.

You should ask others to shop for you or have food delivered to your home. If you must buy food or medicine, keep a distance from others and wear a face mask.

You should be tested both when quarantine begins and before it ends, and as soon as possible if you get coronavirus symptoms. Testing for coronavirus is then free. If you develop symptoms of coronavirus when you are in quarantine, you are probably infected. You must be in isolation until you receive a test result. Contact a doctor if you become ill or need medical assistance while waiting for a test result.

Quarantine usually lasts for 10 days after arriving in Norway, or after the last time you were exposed to infection. If you receive a negative result from a test taken no earlier than 7 days after arrival or after you were exposed to infection, and you have no symptoms, the quarantine ends.

Stay updated!

The authorities ask everyone living in Norway to read important information and advice about coronavirus at www.fhi.no and www.helsenorge.no. The advice may change often. The information is available in several languages. The advice might differ between municipalities. It is therefore important that you stay up to date with what applies in the municipality where you are. If you have problems understanding the information, ask someone for help to translate.