

How much social distance?

Keep your distance to help slow down COVID-19

You feel well but have been assigned to

HOME QUARANTINE

after travelling or because you are a close contact of someone with confirmed COVID-19

- You can be in normal contact with people you live with, but avoid visits.
- Do not go to school or work.
- Do not use public transport.
- You can go for a walk but keep a good distance from others.
- You can carry out strictly essential errands to the grocery shop or pharmacy.
- Your household members are not in quarantine.
- Negative test results do not shorten quarantine.
- If you have a job that is critical to society, you may be partially exempt.
- If you are a close contact and develop symptoms, you must begin home isolation.

Advice for the general population fhi.no >>

- You can be in normal contact with people you live with.
- You can have visitors but just a few at a time.
- You can go out, but keep a distance from others.
- Healthy children can be together in small groups.
- Remember good hand hygiene and cough etiquette.
- Avoid shaking hands and hugging people you do not live with.
- Avoid social stigma and exclusion.

If you belong to a **risk group** this advice is especially important!

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You have a

RESPIRATORY TRACT INFECTION

but not confirmed COVID-19

- Stay at home from when you notice the symptoms of a respiratory tract infection until **at least a day after you feel completely well**.
- Keep a distance from other household members.
- Your household members are not in quarantine but they should monitor their own health. If they develop symptoms, they should stay at home.

You have confirmed COVID-19 and are in

HOME ISOLATION

- Do not leave your home.
- Keep away from household members.
- If possible, use your own room and bathroom.
- Clean surfaces frequently.
- Ask someone to help you with food shopping.
- Discuss with your doctor how you should monitor your health.
- Your household members are in quarantine.