



## Information regarding coronavirus

Many cases of Covid-19 infection have recently been identified in Tysvær and in Haugalandet. Here is some information about symptoms of COVID-19 and important information about quarantine and isolation.

### Symptoms of infection

The most common symptoms of COVID-19 are also common in other respiratory tract infections such as the common cold and influenza. Many people experience a cough and/or fever. In addition, it is common to experience a reduced sense of taste or smell, headaches, fatigue and muscle aches. Over time, some people develop difficulty breathing.

You are most infectious in the days before or immediately after symptoms develop. This applies to both the coronavirus and other respiratory tract infections.

If you or anyone in your family experiences any of these symptoms, it is important to undergo quarantine and contact the coronavirus hotline for testing.

### Temporary quarantine

All persons who live with a person who is undergoing transmission quarantine must remain in "temporary quarantine" until the person with whom they are living has received the results of his or her coronavirus test. This means, among other things, that children and spouse must not go to day-care, to school or to work. The same recommendations as those applicable to the individuals undergoing transmission quarantine must be observed – see the list below.

### What does transmission quarantine entail?

***Are you a close contact? A close contact is a person who has had contact with a person who is infected with COVID-19 less than 48 hours before the infected person first developed symptoms and has been closer than two metres for more than 15 minutes or in direct physical contact with a person who is infected.***

While undergoing **transmission quarantine**, you must:

- Stay in your own home.
- Practice physical distancing from others in the home.
- Do not go to work, school or day-care.
- Do not travel – this includes domestic travel.
- Do not go to places where it is difficult to maintain the necessary physical distance from other people.
- Do not take public transport (bus).
- Do not go to public places, e.g., shops, pharmacies and cafés. If you do not have any other options, you may undertake necessary errands in shops and pharmacies. Make sure that you keep the necessary physical distance from other people.

- Do not have visitors. Children must not interact with playmates other than those with whom they are living.

You may go for walks outdoors but maintain a sufficient physical distance from other people. Children and young people should play, and you are encouraged to go outdoors and play with your children at least once a day.

Many shops have good solutions for online shopping, home delivery or systems for pick-up of goods in a safe manner.

**The main point is that you must not infect others before you develop symptoms.**

## What does it entail to undergo quarantine?

You must undergo isolation if you have a confirmed case of COVID-19 or are in transmission quarantine and develop symptoms.

The following applies to persons in **home isolation**:

- You must stay at home at all times and not go outdoors, but you may stay in your own yard or own balcony/porch/patio.
- Other will have to assist you with necessary errands.
- Preferably, you should maintain at least a two-metre physical distance from those with whom you are living.
- You should have your own room and bathroom where this is possible. Use your own toiletries, including own towel.
- You must diligently practice hand hygiene and cough etiquette in order to avoid infecting others in the home.
- Cleaning of the home is important; clean often, especially on high-touch surfaces.

## Coronavirus hotline

If you have questions about testing, please call the coronavirus hotline at 52 75 74 00.

Opening hours, coronavirus hotline:

Monday - Friday: 08:30 - 10:00 and 12:00 - 15:00

Saturday: 08:30 - 10:00 and Sunday: 12:00 - 14:00

Appointments for coronavirus testing can also be booked electronically (for all persons over 12 years of age) or by calling the coronavirus hotline during opening hours. [Book an appointment for coronavirus testing here](#)

Tysvær municipality has updated information about the coronavirus and vaccination on its website, where you can read more:

<https://www.tysver.kommune.no/coronavirus/koronavirus/koronavirus>

More information about coronavirus: <https://www.helsenorge.no/en/coronavirus/information-in-other-languages/>

Instructions about how to use bandage: <https://youtu.be/QcO8QVU6178>