

Questions to assess whether a resident should be quarantined or not

Symptoms

Check what applies to you. If you tick one or more of the options below, you must be isolated until you have been checked out by the health authorities.

Do you have any of the following symptoms?

- fever
- cough
- shortness of breath
- loss of taste or smell
- sore throat
- runny or stuffy nose

Exposure

Check if any of the options apply to you.

Abroad

You must be quarantined if you came to Norway from a country where many are infected, less than ten days ago. This also applies if you had a stopover in the country. If you have been to Denmark, you must notify the health authorities.

I have been abroad in the last ten days.

The country I have been to

The date I came to Norway

I have been to Denmark after October 26, 2020

Contact with an infected person

I have been in contact with someone who has been infected in the last 10 days

Date of contact with the person

Covid-19-test

Has been tested

Bring a copy of the test result if it was taken less than 72 hours ago. The health authorities needs it.

I have been tested for Covid-19

Date of the test

Where I took the test

The test result

I want to get tested

If you want to get tested for Covid-19, the person interviewing you must report it to the health service.

I want to get tested for Covid-19