

## **Information from Trondheim Local Authority**

You have received a text message (SMS) from Trondheim Local Authority because you may have been exposed to the coronavirus. Find the right section for information based on the text message you have received.

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### **Have you received a text message telling you that you have to quarantine yourself? Then the following applies to you:**

You must comply with the quarantine rules. See "[Advice for you who have been ordered to quarantine yourself.](#)" The duty to remain in quarantine applies even if you do not have any symptoms and feel healthy.

You must take a corona test as quickly as possible after you have received a corona text message from Trondheim Local Authority. Your household must stay home in quarantine until you have received a negative test result. If you have received a negative result from your first test, your household may go back to living normally.

Regardless your test result, you must remain in quarantine and then take a new test on Day 7 after you were exposed to the virus. You will find the date when you were exposed to the virus in the text message. Your quarantine lasts for ten days, but may be shortened if you test negatively for the coronavirus when the test has been taken at the earliest seven days after exposure.

If you have newly arisen symptoms, such as fever, coughing, difficulty breathing, headache, lethargy, diarrhoea, reduced sense of smell or taste, aching muscles or a sore throat, we ask that you call the corona telephone in Trondheim, tel.: 90 50 90 52 for advice. **If you develop symptoms during the quarantine period, you must isolate yourself and be tested as quickly as possible, and your household must stay at home until the situation has been clarified.**

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### **Have you received a text message telling you to be alert to symptoms? Then the following applies to you:**

If the SMS informs you of being aware of symptoms, you are not in quarantine, but we ask you to pay extra attention to your own symptoms. You should take a corona test if you get respiratory symptoms, fever or abdominal pain / diarrhea. This applies for 10 days after possible exposure. See date of exposure in SMS.

If the SMS informs you of being aware of symptoms **and** to take a corona test, a test is recommended regardless of symptoms. In case of negative test result, you should still take a new corona test if you get symptoms.

- Remember, always practise good hand and coughing hygiene.
  - Maintain one to two metres' distance from those you live with. Avoid physical contact, including shaking hands and hugging.
  - The risk of being infected is higher indoors than outdoors, particularly in small and poorly ventilated rooms.
  - If you have newly arisen symptoms, such as a fever, coughing, difficulty breathing, headache, lethargy, diarrhoea, reduced sense of smell or taste, aching muscles or a sore throat, you must stay home and call the corona telephone in Trondheim, tel.: 90 50 90 52 for advice.
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