

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.

Have you received a text message telling you that you have to quarantine yourself due to the mutated coronavirus? 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.**

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 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.

We ask that you also take a corona test on Day 7 after being 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 this may be shortened if you test negatively for the coronavirus when the test has been taken at the earliest seven days after exposure. Your household may live normally, as long as you do not have any symptoms.

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.**

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

You are not ordered to quarantine yourself, but we urge you to be attentive to any symptoms and to take a corona test if you have any symptoms in your respiratory system, a fever, or a stomach ache or diarrhoea. This applies for ten days after the possible exposure. You will find the date when you may have been exposed to the virus in the text message.

- 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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[Here you can log in to book a coronavirus test.](#)