



TRONDHEIM KOMMUNE

TRONDHEIM LOCAL AUTHORITY

[Engelsk/English]

Important information: measures for dealing with the corona outbreak (as of 1 May 2020)

This information is also available in the following languages:

Amharic, Arabian, English, French, Persian, Polish, Russian, Somali, Spanish, Thai, Tigrinya, Turkish and Vietnamese

What does self-isolation mean?

Self-isolation applies to anyone who has been diagnosed with the coronavirus. Being isolated means that

- You must not leave your home
- You must completely keep your distance from those you live with
- If possible, you must have your own room alone and a separate bathroom
- You cannot have visitors
- You must clean surfaces often, for example the kitchen sink, bathroom, door handles and other surfaces/places you touch. Wash with your normal soap product and water.
- You must have somebody do your shopping for you. This could, for example, be a neighbour or a friend who is not in self-isolation or quarantine. If you do not know anybody who can help you to buy groceries, contact the Centre for Voluntary Assistance (*Frivillighetssentralen*) in your city district.

Your regular GP will be responsible for your check-ups. If your condition deteriorates, you must contact a doctor by phone: your regular GP or the ER. Your regular GP decides when your self-isolation can be terminated.

Why self-isolation?

The reason why a person is ordered to stay in isolation is to prevent him or her from infecting others. The coronavirus is highly infectious and may cause serious illness and in the worst case death.

What happens if you breach your self-isolation?

Any violation of the self-isolation order can result in punishment by fines or a prison term of up to six months, cf. section 19 of the Covid-19 Regulations.

What does quarantine mean?

Quarantine applies to people who are living with a person who has been diagnosed with the coronavirus, or who have had close contact with an infected person. This means that you have been in a situation where you might have been infected.

Being in quarantine means that

- You cannot go to work or school
- You cannot take a bus or other public transportation
- You must avoid being in any place where you might come into close contact with others, such as in shops.

You can socialize with those you live with as you normally do. You can also go for a walk outside, as long as you are completely healthy and do not come closer than two metres to others. It is recommended that you get someone to do your grocery store or pharmacy shopping.

If you become ill while in quarantine with symptoms such as a common cold, painful throat, coughing, fever, headache, fatigue, muscular pain, heavy breathing or reduced sense of smell and taste, you must be tested for the coronavirus. Call Trondheim local authority (Trondheim Kommune), Corona telephone no. 90 50 90 52 to set an appointment for the test.

Why quarantine?

The reason why a person must stay in quarantine after contact with a person who has tested positive for the coronavirus is to prevent him or her from infecting others. Most people who are infected with the coronavirus become mildly ill, but the elderly and persons with other illnesses can become seriously ill, and in the worst case die.

What happens if you breach your quarantine?

Any violation of the quarantine order can result in punishment by fines or a prison term of up to six months, cf. section 19 of the Covid-19 Regulations.

Everyone has responsibility

It is very important that you who are in self-isolation or in quarantine comply with these rules. Your efforts to comply with the rules will make an important contribution to the city's inhabitants, and particularly to the elderly and vulnerable children and adults in the risk groups.

If you suspect that someone is not complying with these rules, it is important that you notify the CDC office (Centre for Disease Control and Prevention - *Smittevernkontoret*) via the Corona telephone, 90 50 90 52.

What happens when I am tested for corona?

Have you had a test today to check if you have been infected with the coronavirus? You will receive an answer about your test from your regular GP in approximately two days' time if your test result is negative. If you have not received an answer within two days, you must contact your regular GP.

Up until you get an answer about your test you must stay in self-isolation at home. This means that you stay in your home, that you do not go out and that you keep your distance from other people in your household.

If your test result is positive, you will be contacted by the CDC office (*Smittevernkontoret*) for more follow up.

Yours sincerely

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