



# When you are in quarantine, the following applies:

- Stay in a suitable place or in your own home.
- In a suitable place to stay, you must be able to avoid close contact with others, have a private room, a private bathroom, and your own kitchen or the possibility of serving food. You should keep a safe distance to others and avoid home visits.
- You should test yourself as described above under advice for household members and equivalently close and advice for other close contacts.
- Do not go to work, school or other activities outside the home, unless you are exempt from quarantine during working hours in accordance with the Covid-19 regulations.
- You can go for a walk outside, but keep minimum 1m distance to others.
- You should avoid places where it is difficult to keep your distance.
- You should not visit public places, such as shops. **It is possible to contact UNIS at [selftest@unis.no](mailto:selftest@unis.no) and we will help you with your errands.**
- Be aware of your own symptoms. If you get an acute respiratory tract infection with fever, cough, lose your sense of taste or smell, or have other symptoms of COVID-19 while you are in quarantine, you are considered to be probably infected with COVID-19. Then you should be tested as soon as possible and isolate yourself until test results are available. If you test positive for COVID-19 during the quarantine period, you must be in isolation. With a negative test, quarantine continues as planned.

# When you are in isolation, the following applies:

- You must be in isolation for 6 full days from the time you develop symptoms AND until you have been fever-free for 24 hours without the use of antipyretic medication. This also applies if you develop symptoms after you had a positive test. If you do not have symptoms, you should be in isolation for 6 full days from the time you took the test that was positive. The isolation rules apply regardless of vaccination status and which SARS CoV-2-variant was detected.
- Wherever possible, you must maintain a safe distance from others.
- You should have food delivered to your room.
- Get help from others to perform essential errands. Send a mail to [selftest@unis.no](mailto:selftest@unis.no) for help.
- We can arrange lunch + dinner delivered to your front door. Please send a mail to [selftest@unis.no](mailto:selftest@unis.no) if you need food delivered.
- You and members of your household cannot have visitors.
- Ask your doctor how you should monitor your health.
- Contact Longyearbyen hospital if you need medical attention because your condition has deteriorated (for example, you experience breathing difficulties) or for other reasons. Explain that you have COVID-19 when you call.
- Regular cleaning is sufficient.
- If you live with other people, you should go into isolation in your room and maintain the physical distance from those you live with. Do not leave your home, although you can go into your own garden or onto your own balcony, while maintaining a distance from others. The people you live with must be careful about hand hygiene.