

POSITIVE TEST

Inform your close contacts

HOUSEHOLD MEMBERS

OTHER CLOSE CONTACTS

Closer than 2m for more than 15 min

Isolate yourself for 4 days

- If you have symptoms: count from when they started
- If you are symptom free: count from when you tested positive
- Need to be fever free for 24 hours before breaking isolation

Contact hospital if you are worried about your health

If you can keep a distance to the infected:

- Daily testing for 5 days after last close contact
- Use face mask for 10 days in public places where you can't keep 1 meter distance.

If you cannot keep a distance to the infected:

- Test daily during the isolation period, and then for another 5 days
- If more people in the household are infected, test until the last person is out of isolation, and then for another 5 days
- Use face mask during the testing period in public places, and then for another 5 days
- People who are out of isolation do not need to test, even if more household members are getting infected

- Test yourself if you get symptoms

If you have had Covid-19 during the past 3 months, you are exempt from the test regime, except if you get symptoms

When you are in isolation, the following applies:

- You must be in isolation for 4 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 4 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 for help.
- We can arrange lunch + dinner delivered to your front door. Please send a mail to 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.

Regulations from; <https://www.fhi.no/en/op/novel-coronavirus-facts-advice/facts-and-general-advice/quarantine-and-isolation>