



UNIS internal covid-19 measures for physical presence at UNIS

Do not show up at UNIS if you have any symptoms that could be related to covid-19.

Saturday 12.02.22 the Norwegian authorities, with immediate effect, removed all special covid regulations. For us at UNIS this means:

- Normal physical teaching, lab- and fieldwork
- Normal use of offices, classrooms and meeting rooms
- No requirement for social distancing and number restrictions during events
- No requirement for using a facemask
- No preventive testing in front of physical attendance at UNIS

Covid is however still going to cause illness among us, and UNIS must see to that we operate sound and responsible. For that reason, it is important that we:

- Stay home if we are sick, and test ourselves if we have symptoms on covid
- If you receive a positive COVID-19 test, stay home for 4 days from the onset of symptoms or from the date of your positive test if you have no symptoms.
- Practice good hand and cough hygiene
- Wash and wipe off desks and equipment that we have been using during the day

Special attention to people being in risk groups

We have staff and students among us that are in risk groups in relation to Covid. There are also people among us that are at unease with the infection situation.

- It is still perfectly OK to use a face mask if that makes you feel safer!
- If you have special concerns, bring it up with your teacher or talk to Fred S. Hansen or Esther Sommerseth, and we will find good solutions in each case.
- More info for people in risk groups can be found in the links below.

Testing and contact tracing

- Adults are recommended to get tested for COVID-19 if they develop new respiratory symptoms. You will get tests from the "Covid cabin" in town. UNIS also have tests available.
- Until now, people with COVID-19 have had a duty to isolate themselves when they have received a positive test result. Among other things, the infected person has been required to keep a distance of at least 2 metres from other household members and to use a separate bathroom, when possible. The Norwegian Government has replaced this with a recommendation for people to stay home for 4 days and not return to work until they have been fever-free for at least 24 hours. However, they no longer need to have a separate bathroom or stay away from other household members.
- Household members and corresponding close relations are no longer recommended to

get tested after close contact with a person with COVID-19.

- There is no longer a recommendation for people with COVID-19 to notify other close contacts.

Relevant information:

[National recommendations and rules - regjeringen.no](https://www.regjeringen.no)

[Coronavirus disease - advice and information - NIPH \(fhi.no\)](https://www.fhi.no)

Contact information:

Longyearbyen Hospital

Phone: + 47 79 02 42 00 (kl 09-12 and kl 13-15)

UNIS on-duty phone

Phone: + 47 79 02 33 00 (kl 08-15:30)

Phone: + 47 95 28 35 11 (24/7 on-duty service)

For help with errands, shopping etc. Send a mail to selftest@unis.no

Do you need someone to talk to?

For staff it is possible to talk to the Occupational health Service at Longyearbyen hospital: Phone: +47 79 02 42 03 (kl 09-12 and kl 13-15)

Staff and students can contact Psychotherapist Ana Paula Souza

Phone: +47 96 01 82 96

Students can also use the on-line student counselling service in Tromsø.

E-mail: counselling@samskipnaden.no or book on their webpage.

Phone: + 47 77 64 90 50