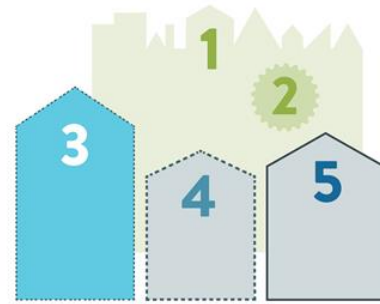


# What is a safe distance from other people?



By maintaining a safe distance from others, we help to slow the spread of coronavirus (COVID-19)

## 1) General advice for the population

- People who live together can continue to socialise in the normal way.
- You can have visitors, but only a few people at a time.
- You can go out, but you should keep a safe distance from other people.
- Healthy children can socialise together in small groups.
- Remember good hand and cough hygiene!
- Do not shake hands or hug anyone other than those you live with.
- Show consideration for others; do not stigmatise or shut anyone out.

## 2) To those at risk

- The measures being implemented to combat COVID-19 are primarily aimed at protecting those at risk from infection.
- You are considered to be at risk if you
  - are over 65 or
  - are an adult with heart disease, lung disease, diabetes, cancer or high blood pressure.
  - Adults who are obese or who smoke may also be at risk.
- Anyone who is at risk must be particularly thorough with their hygiene and maintain a safe distance from others.

## 3) For anyone who feels well but has been placed in HOME QUARANTINE after travelling or because they have been in close contact with someone who has tested positive for COVID-19

- You can socialise normally with people you live with, but you should avoid having visitors.
- Do not go to school or work.
- Do not travel by public transport.
- You can go for a walk provided you maintain a safe distance from other people.
- You can go to the grocery store or pharmacy if absolutely necessary.

- The people you live with are not in quarantine.
- A negative test will not shorten the quarantine period.
- You may be partially exempt if you are a key worker.
- You must self-isolate immediately if you are experiencing the symptoms of a respiratory infection after having been in close contact with someone else.

#### **4) For anyone who has a RESPIRATORY INFECTION but has not tested positive for COVID-19**

- You must stay at home as soon as you notice the symptoms of a respiratory infection until at least 24 hours after you have completely recovered.
- Maintain a safe distance from everyone else in your home.
- The people you live with are not in quarantine, but they should monitor their own health. If they experience any symptoms, they should stay at home as well.

#### **5) For anyone who has tested positive for COVID-19 and has been placed in SELF-ISOLATION**

- You must not leave your home.
- Maintain a safe distance from everyone else in your home.
- Use a separate room and bathroom wherever possible.
- Wash surfaces frequently.
- Ask someone else to do your shopping.
- Agree with your doctor how you should monitor your health.
- The people you live with must go into quarantine.

**For more translated information about COVID-19, see:**

- <https://www.fhi.no/nettpub/coronavirus/fakta/generell-informasjon-koronavirus-pa-flere-sprak/>
- <https://www.fhi.no/nettpub/coronavirus/rad-til-personer-som-er-smittet-eller-har-vart-utsatt-for-smitte/informasjon-om-hjemmekarantene-og-isolasjon-pa-ulike-sprak/>
- <https://helsenorge.no/koronavirus/informasjon-pa-andre-sprak>