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## COVID-19 – Advice & Information

Hello!

We have experienced an increase in COVID-19 infections among the inhabitants of Fredrikstad in recent weeks. The infection appears to come from many different sources and is not related to any particular locations or groups. That is why we are once again offering some advice and information about the rules that are in place to limit the spread of infection.

To reduce the number of infections and keep society as open as possible, everyone needs to comply with the rules and follow the advice provided by the authorities. Travellers coming from abroad or other Norwegian municipalities have spread the virus around Fredrikstad, to a certain extent. People on the move have come into contact with infected people with a day or two of the outbreak of symptoms. That is why it is important to remember to **keep your distance** also when you are on the move, especially in areas where the infection rate is high.

Most infections however still spread within the city of Fredrikstad. Mostly among family, friends and colleagues. You are more likely to contract the virus from a family member or friend than from someone at the grocery store or on the bus, and you will probably never know who it was.

We can avoid infection, to a certain extent. We cannot avoid the members of our family or our loved ones. And it is OK to have a couple friends that you see regularly. We all need friends and loved ones in our lives. But we also need to keep that list short and maintain a safe distance to everyone else. This is not the time for close contact and mingling with large groups of friends. Yes, you can meet one another, but remain at a safe physical distance. Stay home if you experience any symptoms of illness. Get tested right away if you do not feel better the next day.

### National Rules & Recommendations

The basic rules are the most important (see the next page).

There are also some special rules regarding Quarantine, Events and Sports. See FHI's webpage if needed: <https://www.fhi.no/sv/smittsomme-sykdommer/corona/>.

Many people also wonder about travelling on public transit, how close you can sit or stand to others and whether face masks are obligatory. We asked FHI to clarify the 1-metre rule, which can be difficult to understand. The national authorities are reluctant to introduce major restrictions or face masks on public transport in general, but they do recommend this if the rate of infection in a neighbourhood begins to get high. The general idea is that short trips on a bus, tram or metro do not seem to spread infection to any significant degree.

### Local Rules & Recommendations

The Municipality of Fredrikstad follows the national rules and advice, but we also evaluate our city and county status once a week to assess the need for more or fewer measures. We just published more updates and recommendations this week, where the most important recommendation was to maintain physical distance, get tested right away if you feel symptoms, follow the recommendation to register your visit at pubs, cafes and restaurants and use face masks on public transit to/from/in the city of Oslo. Local measures are available online: [www.fredrikstad.kommune.no/korona](http://www.fredrikstad.kommune.no/korona)

*Yours truly,  
Chief municipal physician for Fredrikstad*



## The most important advice regarding distance, symptoms and testing, as well as hand hygiene.

### DISTANCE

Everyone should stay at a distance of AT LEAST one meter from everyone except your loved ones (people living in your household and a couple other friends). Small children are exempt from this rule when they travel with their cohorts and during certain leisure activities.

That means:

- No hugging others or standing/sitting close to the others
- Keep your distance, approximately 1 meter or more, when together
- If you are together for a longer period of time such as in a meeting room or dining together, sit at a safe distance and remain in your spot (no mingling). This also implies that groups do not gather in numbers where the safe distance cannot be maintained, and no more than 20 people together in a private gathering.
- Moving past others without talking or close physical contact/proximity is generally not a problem

For **Halloween**, that means (1) stay in your small group or with your *corona buddy*, or keep your distance, and (2) avoid trick-or-treating door-to-door. The handing over of candy combined with a nice chat is breaking the rules described above.

### IN CASE OF SYMPTOMS/SIGNS OF ILLNESS

Stay home if you have symptoms. Get tested if you have symptoms that do not end quickly. That means:

- If you feel like you have a common cold, an upset stomach, headaches, loss of smell or taste or similar symptoms that you do not usually have, you must stay home.
- If the symptoms do not end in a couple days, call the corona hotline (69381108) to schedule a test. Children 12 years old and younger can wait an extra day if the symptoms are mild.
- See the FHI Flow Chart: [www.fhi.no](http://www.fhi.no)

### HAND HYGIENE AND CLEANING

Good hand hygiene can limit the spread of COVID-19, along with infection from all the other viruses out there that we do not want to do deal with at the same time, so we can stay active as long as possible.

That means:

- Wash or disinfect your hands before eating or making food and after sneezing, coughing and visiting the toilet, visiting people who are not living in your home and after activities that involve touching many things that others have touched.
- Normal cleaning routines are generally good enough with a thought to COVID-19. Surfaces that are used often should be cleaned every day. For surfaces that are constantly in use like school desks, one should clean these after each user/cohort leaves the room and before the next one comes in.