



When do I need to stay home?

The chief medical officer's advice on when to stay home from kindergarten, school or work.

The most important things we can do to reduce the spread of the corona virus is to practice social distancing, wash our hands and stay home when we are sick. But how sick is too sick to go out? Below is more detailed information about staying home.

If you are feeling like you normally do, you don't need to stay home.

If you're feeling normal, everything is OK. You do not need to stay home, even with a slight cough or a runny nose, if these symptoms are common for you (because of allergies, asthma, etc.) and nothing has changed. Pre-school and primary school children who only have a runny nose are also OK. They do not need to stay home.

Every person with new symptoms of respiratory infection should stay home. Some need testing.

- If your symptoms are severe, such as fever, chills, cough or poor general condition, you must stay home and contact the corona test centre immediately to schedule a test (regardless of age). Tel. 69 38 11 08.

- If your symptoms are mild, such as sore throat or stuffy nose, you must stay home, but you can wait and see until the next day if your symptoms persist before you call to schedule a test. If your symptoms are still there the next day:

- and you are more than 10 years old, call the corona test centre to schedule a test.
- and you are aged 0–10, you can wait and see one more day in case the symptoms go away. If the symptoms are still there the next day, call the test centre to schedule a test. If symptoms worsen (in line with the severe symptoms described above), call immediately.

You must (regardless of whether you get tested) stay home until you feel well again.

- Adults must stay home until they are completely symptom-free.
- Pre-school and primary school children must stay home until their general condition is good. This means that if the child feels completely fine, like normal, with only a few coughs or a slight runny nose, the child can go back to kindergarten/school.

If you have been tested and test positive, you will be contacted with information about what to do and how long you need to stay home in isolation.

Go to www.fredrikstad.kommune.no for more information.

Remember the most important rules

- Stay home if you are sick — and get tested if necessary
- Practice social distancing — do not hug or shake hands
- Maintain good hand hygiene with soap or hand sanitizer

Sincerely,

Municipality of Fredrikstad Chief Medical Officer