

Information for those being tested for COVID-19

STAY AT HOME until you get your test result. The result will be ready within 1-2 days after you took the test. You will not be notified when the result is ready. To check your own result and those of your children, log in to www.helsenorge.no. If you cannot log in, contact your GP to get the result. You can also call our Corona Hotline ☎ 55 56 77 00.

POSITIVE TEST: THE COVID-19 TEST SHOWS INFECTION

You will see the result “**SARS COV - PÅVIST**” at www.helsenorge.no. Everyone with a positive test will be contacted by Bergen Legevakt (Bergen Accident and Emergency Clinic) either by telephone or text message.

In case of a positive test you must:

- stay at home
- keep a distance to those you live with and if possible use a separate room and bathroom
- keep hands and surfaces clean

The other members of your household must be quarantined for at least 10 days. You must stay isolated for 10 days after the symptoms started. Before you leave isolation you must have been fever free for the last 24 hours.

Notify your close contacts. All close contacts must be quarantined because they might have been infected. This applies to all people with whom you were in close contact 48 hours before your symptoms appeared and to those you were in contact with after you got sick. The Infection Control Office in Bergen will also call you and give further information. They will also trace the pathway of the infection.

You can read more about the laws and regulations for isolation and quarantine at www.bergen.kommune.no/koronavirus and www.fhi.no

NEGATIVE TEST: THE COVID-19 TEST DOES NOT SHOW INFECTION

You will see the result “**SARS COV – IKKE PÅVIST**” at www.helsenorge.no. This means that no coronavirus was detected at the time of testing. If you are in quarantine it is very important that you complete the whole quarantine period of 10 days. You can still contract Covid-19 subsequent to a negative test result.

If you have a common cold or are ill with respiratory symptoms without being quarantined, you must stay at home until your general condition is good. Healthcare professionals who have experienced symptoms should contact their employer before returning to work.

At www.fhi.no you will find important advice relevant to your situation.

If you experience Covid-19 symptoms while in quarantine, you have probably been infected and need to be isolated immediately. Notify household members and close contacts so that they may be quarantined immediately.

Seek help if you develop a serious illness. Contact your GP or the Accident and Emergency Clinic at ☎ 116 117. In case of critical symptoms call ☎ 113. Pay special attention to shortness of breath. Report on the phone that you are in isolation or in quarantine due to Covid-19.



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