

### **Use of self-tests**

Who can use self-tests for free handed out from the municipality?

- People with respiratory symptoms, also vaccinated
- Unvaccinated and vaccinated close contacts

NB! Everyone has a duty to isolate themselves by positive self-test.

Positive self-tests should always be followed up with PCR tests taken at the nearest test station within 24 hours.

From 17.11.2021, unvaccinated close contacts are obliged to test themselves.

**Self-tests** are handed out at ETS Medical Center. Contact the pandemic hotline on **902 84 955** for delivery.

People who are not in a prioritized group but still want to test themselves can purchase self-tests at pharmacies and in some stores. The tests must then be paid for by the individual.

### **Testing Rules:**

If a person is confirmed infected with COVID-19, unvaccinated household members over the age of 18 have a duty to test themselves (effective from 17 November). The testing should take place either by testing for 7 consecutive days of self-tests, or every other day for 7 days of PCR test. (New)

### **The following people are recommended to test:**

- Anyone with newly emerged respiratory symptoms or other symptoms of COVID-19, regardless of vaccination status.
- Unvaccinated household members under the age of 18 until a person confirmed infected with COVID-19. These are recommended to follow one of the two testing regimens for unvaccinated household members over the age of 18. (New)
- Vaccinated household members of a confirmed infected person are recommended to test themselves twice in a week. Close contacts in households are advised to stay at home until negative first test results are available. (New)
- In addition, from 25 November, the Norwegian Directorate of Health will introduce a professional guideline that unvaccinated healthcare personnel with patient contact should test themselves regularly and wear face masks in defined situations. (New)

**More about self-tests** -See Helse Norge's pages on [Testing, symptoms and infection control](#)

Advice on testing close contacts – see [Close contacts and insulation](#)

### **Practical information about the self-tests**

The self-tests supplied are from Roche (manufactured by SD Biosensor) and Siemens.

See self-test information materials from:

- Roche: [Instructional video, quick reference guide and package leaflet \(roche.com\)](#).
- Siemens: [Information and Usage Guide \(siemens-healthineers.com\)](#).

See also <https://www.tjeldsund.kommune.no/hva-boer-du-gjoere-hvis-du-har-nyoppstaatte-luftveissymptomer-og-dersom-du-eller-din-naerkontakt-har-faatt-paavist-covid-19-utlevering-av-selvtester.6412385-547304.html>

See also [Test regime, quarantine and isolation in coronavirus](#)

[Testing criteria for the coronavirus](#) (Norwegian Institute of Public Health)