

The extent of infection is steadily increasing in our country. It is important that everyone stays at home in case of illness, tests themselves and isolates themselves in case of detected coronary disease. Increased vaccination will contribute further to preventing infection and serious illness.

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Disclosure of self-tests:

Contact the pandemic hotline on **902 84 955** for delivery. The tests will be delivered by agreement from Info/doc at the town hall as well as from ETS Medical Center.

NB! Self-tests do not tolerate cold or frost, and should not be stored below 2 degrees. Self-tests should be room-tempered before they are used.

Follow the enclosed instructions for use carefully

Who should test themselves?

- Anyone with newly emerged respiratory symptoms or other symptoms of COVID-19, regardless of vaccination status.
- Household members and similarly close ones are advised to test daily for **5 days** after the last close contact with the infected person. This does not apply to children and adolescents of primary school age (16 years) and younger.
- Persons who cannot avoid close contact with the infected person during the isolation period should also test themselves daily during the isolation period and then daily for five days after the isolation has ended, i.e. for **9 days** (4 days during the infection's isolation period + 5 days after this). This does not apply to children and adolescents of primary school age (16 years) and younger.
- The test should be taken as a self-test, but can also be carried out as an antigen rapid test conducted by a healthcare professional or PCR test.
- Beyond this, only people with symptoms are recommended to test themselves. Other close contacts without symptoms are advised not to test themselves, but should pay extra attention to symptoms.
- Children of primary and lower secondary school age or younger are only recommended for testing for symptoms, even if there should be infection in the household.
- It is recommended that household members and similarly close to a confirmed infected person wear face masks indoors in public places and avoid large gatherings and events for 10 days after close contact.
- Monitor any symptoms throughout the period.
- In case of symptoms, stay at home and test yourself.

Advice on regular testing in kindergartens, schools and higher education has been discontinued.

The following order of priority applies if tests are missing from municipal warehouses:

1. People with symptoms.
2. Testing for known exposure of household members/similarly close.
3. Testing for known exposure to other close contacts.
4. Regular testing of persons performing critical social functions, incl. healthcare personnel

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

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

Record positive test result in Fix. For registration - Use this link: [Fix Tjeldsund](#). The login requires the use of bankID.

Inform household members, corresponding close and close contacts about the infection so that they can

- Start their testing regimen and monitor any symptoms during the entire period (household members and similarly close)
- Monitor for any symptoms (close contacts)

It is also recommended that you download [the infection stop app](#) and register a positive test in it.

Who's going to the quarantine?

No one's going into quarantine anymore. The quarantine of infection has been discontinued for everyone. Also for close contacts who are members of the public or similarly close to the infected person.

[Testing and isolation – Q&A](#)

See also

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

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