

# Information about the Corona virus

## **Helsenorge.no**

You will find the latest updated information at the website: [helsenorge.no](https://helsenorge.no). Here you will find facts, advice and information about symptoms, the incubation period, treatment, travel, arrangements and events and preventive measures.

[Find information on helsenorge.no](https://helsenorge.no)

## **The Norwegian Institute of Public Health website: fhi.no**

You will find the latest updated information at the website: [fhi.no](https://fhi.no). Here you will find facts, advice and information about symptoms, the incubation period, treatment, travel, arrangements and events and preventive measures.

[Find information on fhi.no](https://fhi.no)

## **The Directorate of Health information telephone 815 55 015**

If you do not find answers to your questions, you can call the Directorate of Health's information telephone. Here you will get answers to general questions, such as about which areas the virus is spreading in and which symptoms you should be aware of.

[Call the information telephone of the Directorate of Health 815 55 015](https://www.fhi.no/81555015)

## **Do you suspect you have been infected?**

If you suspect that you may have been infected by the Corona virus, you must call instead of going to see your GP or going to the ER.

## **Criteria for being tested**

Those who are in self-quarantine at home will not be tested and should not contact the health service – unless they need health services. Testing is restricted to certain patient groups and health personnel who have symptoms of respiratory disorders.

[See updated information from the Folkehelseinstituttet](https://www.folkehelseinstituttet.no)

## **Call the Corona hotline for inhabitants of Oslo: 21 80 21 82**

You can call the Corona hotline for an assessment of whether testing is required if you

- have symptoms of influenza
- have been in risk areas
- have been in close contact with anyone infected by the Corona virus.

Opening hours: Workdays noon to 9 pm, Saturdays and Sundays 12.30 pm to 7.30 pm.

This telephone hotline is very busy. If you are feeling ill but do not satisfy the other criteria, you will be asked to stay home and avoid contact with others. Not everyone with influenza symptoms needs to call the Corona telephone.

Call the Corona hotline for Oslo inhabitants 21 80 21 82.

## **Call your regular GP**

Call your regular GP for advice. Your GP can give you a medical certificate if you have to be quarantined because of the Corona virus. Always contact your regular GP first when your illness is not acute, this applies to the Corona virus and other illnesses.

## **Call the ER for emergency health assistance**

If you are sick and unable to contact your regular GP, you can call the ER on telephone number 116117.

You should only call the ER when you need acute health assistance. This is the winter season, and most people with respiratory ailments are not at risk of coming down with the Corona virus. Do not go to your GP or the ER without calling first. If life and health are at risk, call 113.

## **All schools and day-care institutions in Oslo are closed.**

All schools and day-care institutions in Oslo are closed. For now, this applies to the next 14 days.

All schools and day-care institutions are closed. For now, the day-care institutions and schools will remain closed until 26 March 2020. This closure may be extended.

Schools will strive as best as they can to provide teaching to the pupils who are at home.

This decision applies to:

- Primary schools
- Lower secondary schools
- Upper secondary schools
- Adult education
- Day-care institutions
- The activity school

[Contact information the Education Authority](#)