

### **When you have just been tested for COVID-19 (suspected case):**

- You should stay at home until you have received a test result.
- Members of your household do not have to stay in quarantine.
- Log in to helsenorge.no to receive your test result
- Make sure you have your phone and e-mail address registered at helsenorge.no and select your preferred contact choice under settings. You will then be notified by phone or e-mail when your test result is ready.
- You will normally receive your test result within 2 days, but depending on the capacity at Ahus, it may also take longer.
- If more than 3-4 days have passed without a test result, you can call the emergency out-of-hours clinic at 116 117.
- If you do not have access to helsenorge.no, notify the Test Centre and we will call to give you your test result.

If the test is positive you will receive a phone call from the AHK infection team.

- If the test result is positive you must remain isolated.
- The municipality will stay in contact with you. The period of isolation lasts for a minimum of eight days. You must remain isolated for three days after your symptoms have ceased.
- Members of your household must stay in quarantine for ten days after the last exposure.
- We will trace your close contacts from 48 hours prior to your first symptoms.
- Members of your household will be quarantined from 15 days starting when you experienced your first symptoms (except those who have a separate WC and bedroom and do not need to be in any contact).
- Those who have had a confirmed positive COVID-19 test result during the last six months, are exempt from quarantine.

If your test result comes back negative:

Stay at home until your general condition is good and you have a minimum of symptoms (a slightly runny nose or similar is ok).

Get well soon 😊

Call the emergency out-of-hours clinic at 116 117 or Kristin Halvorsen from the infection team at 90995379 (workdays only) if you have any questions.