

English

## Informasjon om situasjonen rundt Koronavirus i Fjellregionen.

### Information about the Coronavirus in the Mountain Region

As you are aware there is an outbreak of the Coronavirus in the Mountain region. There are unfortunately very few available tests, and we cannot test everyone who is sick anymore. It has become impossible to track all those who have been exposed and those who are sick can have the Coronavirus without knowing it.

It is therefore extremely important that if you are sick, you stay home, and limit as much as possible contact with anyone. You should remain home and limit contact until you have been completely healthy for one day. The others that you live with can leave the home if they are healthy or have been given permission by a doctor.

If you are very sick and need to see a doctor contact the doctor's office or your family doctor.  
Call them by phone!

If you do become sick with the Coronavirus you will be followed up by doctors and nurses over the phone.

The government has regulations for whom will be tested for Coronavirus. Those who will be tested must have symptoms of a lung infection. Those who will be tested are:

1. Those who are so sick they must be admitted to the hospital.
2. Those that live in a care home
3. Those that are medical professionals or work in care homes or work with patients
4. People over the age of 65 in the at-risk range
5. Someone who has been in contact with a confirmed case of the Coronavirus

Only those who are sick will be tested because the test will only detect the virus if it is active. The symptoms of Coronavirus are fever, cough, aching body, heavy breath, and sore throats.

Keep up with the latest information by following the news and advice from the authorities.

Wishing you all the best,

Tor Halvor Bjørnstad-Tunveng

Regional Medical Officer