



Information about COVID-19 (the novel coronavirus) in English - November 2020

Hello!

This is an important message from the chief municipal medical officer for the Municipality of Gjøvik.

One or more persons in your household have been diagnosed with COVID-19 (novel coronavirus). Everyone who has tested positive for COVID-19 is to remain in isolation. The remaining members of the household shall remain at home, in quarantine.

You are not permitted to have visitors, and you may not travel to visit others until your isolation or quarantine period has ended. Nobody in your household can attend kindergarten or school, go to work or go shopping. Persons who have contracted COVID-19 are to remain in isolation and must stay at home. They may only go outside if they have a private garden or a private balcony. Those in quarantine may take a walk if they maintain a safe distance from others and avoid crowded places.

You must follow the instructions from the Infection Prevention & Control Team for Gjøvik regarding isolation and quarantine. Notifications from kindergarten, school or work during the quarantine period do not apply to the persons in your household who tested positive for COVID-19.

Failure to obey the rules concerning quarantine and isolation can result in police action.

If anyone in your household becomes ill or needs medical assistance, please call your GP/family doctor during the daytime, or the emergency unit (legevakt, #116 117) in the evening/night/weekend. If you need emergency care, call 113.

We need everyone's help to combat the spread of COVID-19, avoid hospitals being overwhelmed by too many patients, and to avoid unnecessary death. We can do this together.

If you have any questions, feel free to call us at 476 01 657.

With regards
Chief Municipal Physician for the Municipality of Gjøvik