

CORONA TESTING

Information for those who have been tested for coronavirus

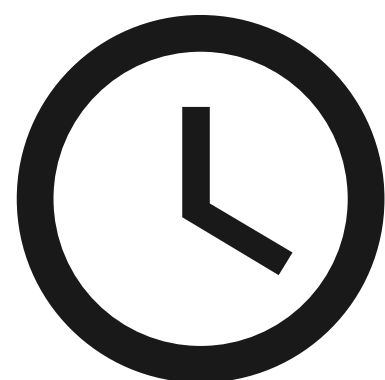


LILLEHAMMER
KOMMUNE

Stay at home

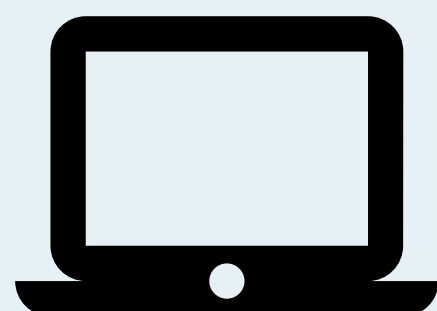


If you have been tested for coronavirus you should stay at home until you receive a negative test result and you have become symptom free. **NB:** close contacts and people in quarantine after travelling have to stay quarantined for 10 day after last exposure, or after arriving in Norway.



When will I get my test results?

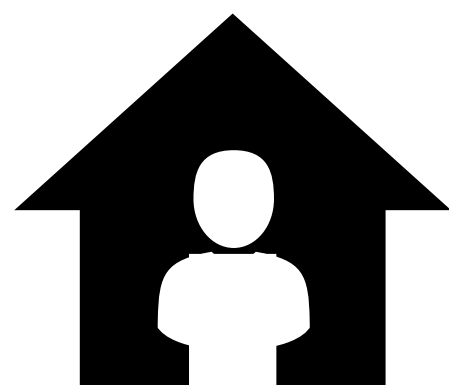
You will get your test results 2-3 days after getting tested. You will get your test results regardless if it is positive or negative.



How do I access my test results?

You will get the test results by logging in to www.helsenorge.no. **NB:** you will not be notified when the test results are available at Helsenorge. If you can not access Helsenorge, contact your general practitioner who will give you your test results. Persons without Norwegian identification number will be contacted regarding their test results.

I tested positive, what now?



If you tested positive for corona you must be **isolated at home:**

- Do not leave your home
- Arrange help from others to perform necessary errands
- Keep at least 1 metre distance between you and the people you live with, if possible
- If possible, use a separate room and bathroom. Use your own towel and toiletries
- Agree with your doctor how you should monitor your condition
- The people you live with shall be in quarantine

Visit www.fhi.no for more information.

Contact info Lillehammer Municipality



Lillehammer corona hotline:

909 41 700 or koronatelefonen@lillehammer.kommune.no. See lillehammer.kommune.no for opening hours.

Any medical concerns, call your general practitioner. In an emergency situation call 113. Ungdomshallen test center Mon-Fri 8-15, 468 23 106.

For more information visit www.lillehammer.kommune.no or www.fhi.no.