

## COVID-19 – TRANSMISSION ADVICE

SiA Housing will always relate to current advice given by Norwegian authorities.

### How much social distance?

Keep your distance to help slow down COVID-19

You are a close contact or coming home after international travels that require

#### QUARANTINE

- Do not go to school or work.
- Do not use public transport.
- Avoid visits.
- You can go for a walk, but keep a good distance from others, well over 1 metre.
- You can carry out necessary errands to the supermarket or pharmacy.
- People who live together can be in normal contact.
- People you live with are not in quarantine.
- If you have symptoms of respiratory tract infections you should isolate yourself and be tested.
- A positive test result means that you go into home isolation.

Updated 2020-08-13

#### ADVICE FOR EVERYONE

- Follow good cough etiquette and good hand hygiene.
- You and your closest circle can be together as normal.
- Keep a distance of at least 1 metre from everyone but your closest circle.
- If you have respiratory tract symptoms you should stay at home.
- If you have symptoms of COVID-19 you should be tested.

You have confirmed or probable COVID-19 and are in

#### HOME ISOLATION

- Stay at home.
- Keep away from household members.
- If possible, use your own room and bathroom.
- Clean surfaces frequently.
- Ask someone to help you with food shopping.
- Discuss with your doctor how you should monitor your health.
- Your household members are in quarantine.



### ADVICE FOR THOSE OF YOU WHO SHARE AREAS LIKE KITCHENS OR/AND BATHROOMS

- 1 Remember to wash your hands frequently with soap and water. Always wash your hands after toilet visits and before cooking, also when you arrive and leave your housing unit. Keep a minimum one- meter distance to other students.
- 2 All students are responsible for keeping shared areas like kitchens/bathrooms and toilets clean, also clean all surfaces. Use a clean cloth with soap and water.
- 3 If you are in quarantine or isolation you HAVE to inform people that you share with and SiA Housing.

Information regarding quarantine and isolation in the different housing unit types.

### STUDENT HOUSING WITH SEPARATE BATHROOM AND KITCHEN

If you are in **quarantine** you can:

- Take a walk with sufficient distance to others.
- Make necessary errands like going to the grocery shop or pharmacy.

If you are in **isolation** you must

- Stay in the housing unit
- Have someone to help you provide groceries.
- Clean your clothes in your own bathroom

## STUDENT HOUSING UNITS WITH SEPARATE BATHROOM AND SHARED KITCHEN

It is very important that all students keep their distance, and clean the shared kitchen immediately after use.

If you are in **quarantine** you can:

- Take a walk with sufficient social distance to others.
- Make necessary errands like going to the grocery shop or pharmacy.
- Use the shared kitchen.

Other students sharing the same kitchen will not have to be in quarantine.

If you are in **isolation** you must:

- Stay in the housing unit.
- Do not use the shared kitchen.
- Clean your clothes in your own bathroom.
- Have someone to help you provide groceries.

Other students sharing the same kitchen are automatically in home-quarantine. See notes regarding home quarantine.

## STUDENT HOUSING WITH SHARED BATHROOMS AND KITCHENS

It is very important that all students keep their distance and clean the shared kitchen/bathroom immediately after use.

If you are in **quarantine** you can:

- Take a walk with sufficient distance to others.
- Make necessary errands like going to the grocery shop or pharmacy.
- Use the shared kitchen.
- Use the shared bathroom/toilet.

Other students sharing the same kitchen and bathroom/toilet will not have to be in quarantine.

If you are in **isolation** you must:

- Stay in your housing unit.
- Do not use the shared kitchen.
- Have someone help you provide groceries.

Other students sharing the same bathroom and kitchen are automatically in home-quarantine – see notes regarding home quarantine.

## IF YOU HAVE QUESTIONS REGARDING SYMPTOMS, QUARANTINE OR ISOLATION- CONTACT THE COUNCIL CORONA HELPLINE IN YOUR PLACE OF STUDY

If you suspect that you are infected by Covid-19 you must be tested. Read more at <https://www.fhi.no/en/> and follow local restrictions. People close to you in your everyday-life must also quarantine while you wait for the test result.

## THREE THINGS YOU CAN DO FOR CONTRIBUTING TO A SAFE AND OPEN CAMPUS

1. Social gatherings: follow FHI's rules, additional to local restrictions.
2. Follow the infection rules- keep a social distance, wash your hands frequently and stay at home if you feel ill.
3. Avoid public transportation if possible. Walk or bicycle to campus.