

To our residents

SiS continuously monitors the situation regarding the corona virus and adheres to recommendations from the authorities and the Norwegian Institute of Public Health. (NIPH)

We ask you to stay updated and follow the guidelines from the NIPH. On their website <https://fhi.no/en> there is information on how infection can be avoided, hygiene rules and important information on symptoms of infection.

If you suspect infection, you can contact the Stavanger emergency room on tel. 51 51 02 02 if you do not have a designated general practitioner in the area.

Residents who are subject to the authorities'/NIPH's requirements for quarantine or home isolation are asked to inform SiS about their situation here: kontakt@studentensbeste.no

Hygiene and distancing

Pay attention to personal hygiene as well as hygiene in your home. Wash used objects and contact surfaces after using a shared kitchen.

When using a common room/shared kitchen, rules apply for a minimum distance of 1 meter. It is important that residents connected to the common room/kitchen should be able to use the areas freely, without the minimum distances being exceeded. Social gatherings that prevent this must end immediately.

Quarantine

You must practice quarantine if:

- you come from abroad [See map of which areas apply \(fhi.no\)](#)
- you have been in close contact with a person with proven Covid-19; partner/cohabitant, close colleague, close fellow student or someone else you have had close physical contact with.

The quarantine will last in 10 days, starting from the day you arrived at the student residence or on the last day you were in close contact with someone.

Those who are in quarantine should not go to school or work. Public transport should only be used when it is strictly necessary, and then a face mask is used.

You can walk outside but with well over 1 meter distance to others, and you can make absolutely necessary purchases in the grocery store or pharmacy if no one else can do it for you. Feel free to use an online grocery store that can deliver the food to your home in the student residence, e.g.

<https://meny.no/nettbutikk/>

If you have to be quarantined, SiS housing must be informed by email to kontakt@studentensbeste.no

Home isolation

You must be isolated if you have been diagnosed with corona virus.

In addition, the [National Institute of Public Health](#) recommends that you isolate yourself if you get a fever or respiratory symptoms while you are in quarantine. This also applies when you have had close contact with a person who has been diagnosed with coronavirus. This is because you are then defined as possibly infected with Covid-19.

You can be isolated at home, or possibly in a health institution or elsewhere if necessary.

Everyone who gets symptoms of acute respiratory infection should stay home until they are symptom-free.

Those who are in home isolation must:

- Stay at home
- Avoid contact with others you live with
- If possible, use a separate room and bathroom
- Wash surfaces frequently
- Get help shopping
- Agree with your doctor on how to monitor your health

Those you live with must be quarantined

If you need home insulation, SiS housing must be informed by email to kontakt@studentensbeste.no

Finish the isolation

To be able to finish the insulation, you must be symptom-free. You must have been symptom-free for at least three days, and it must be eight days since your first symptoms appeared. For people in hospital or undergoing immunosuppressive treatment, the requirement for isolation may be longer.

The Norwegian Institute of Public Health gives advice on isolation:

<https://vimeo.com/showcase/6954708>

Important for everyone

Finally, we remind you of the following important points:

- Good hand- and cough hygiene, try to avoid touching your face
- Avoid handshakes, hugs and other physical contact with anyone other than your own partner and family
- Remember 1 meter distance to everyone you meet