

Coronavirus checklist before participating in a Holiday for All activity

The following form is created to ensure that no one attending a Holiday for All- stay or a Holiday for All activity-day carries any transmission of the coronavirus (covid-19).

To reduce the risk of transmission of the coronavirus among our guests, we present all guests with the following check list. Before attending one of our stays or activities, we ask you and your family to kindly go through this form. **All** questions must be answered.

If you, or one of your family members, answer yes to one or more of the following questions, please contact the Red Cross before attending any of our Holiday for All activities.

Do you experience symptoms of fever, cold, cough or sore throat?	Yes/ No
Do you live in the same household as a person who has been confirmed, or is likely, to have the coronavirus (covid-19)?	Yes/ No
During the past 14 days, have you had less than 2 meters distance for more than 15 consecutive minutes to someone who has been confirmed with the coronavirus (covid-19)?	Yes/ No
Are you currently quarantined with the coronavirus (covid-19)?	Yes/ No
During the past 14 days, have you had direct physical contact with someone confirmed with the coronavirus (covid-19)?	Yes/ No

Attention: If you feel unwell or experience symptoms such as fever, sore throat, cold or cough during your stay or activity, please inform one of the volunteers as soon as possible.

For information and guidelines on the coronavirus please visit fhi.no or helsenorge.no

In need of further information, please contact the corona hotline on **815 55 015** (opening hours mon to fri 8.00 – 4.30)

If you have any questions regarding the app *Smittestopp*, please contact Helsenorge on 23 32 70 00.

If you are ill and need medical attention, or need individual health advice, contact your GP (fastlege). If you need urgent health care and your GP is not available, call the emergency out-of -hours clinic (legevakten) at 116 117. For life-threatening illness or injury – call 113.