

Corona Safety Rules

1. Follow the advice of the authorities at all times.

Visit helsenorge.no/coronavirus

2. Our behavior can save lives. Take responsibility and avoid the spread of infection.

3. Accept your own and others' feelings. It is normal to feel sad, tired, confused, worried or angry during a crisis.

4. Do not use alcohol or other drugs to cope with a stressful situation. Manage your emotions in a healthy way.

5. Keep in touch with friends and family on phone, email or social media.

6. Be caring and contact those you especially think may be experiencing loneliness. Do not visit anyone in quarantine or isolation.

7. Do not contribute to fear of the virus causing stigma of individuals or groups.

8. Take care of yourself. Eat healthy, be active and get enough sleep when working at home or in quarantine.

9. Be patient. The pandemic has lasted a long time, and you are allowed to feel tired. But for the benefit of all, we must persevere and respect the guidelines and rules that reduce the risk of spreading the Corona virus.