

# Corona Safety Rules

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

**Visit: <https://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. Don't contribute to the fear of the virus causing stigma on individuals or groups.**

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

**9. Don't put yourself or others in a situation where you will need healthcare or emergency resources outside your own home.**



Norwegian Red Cross