

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. 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 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.