

When you have an acute respiratory tract infection

It is recommended that anyone with newly-arisen respiratory tract symptoms without a known cause should be tested, and they should stay home until they receive a test result. With a negative test result, you can return to work/ school when you are in good general condition (i.e. you feel well and have no fever), even though you have some symptoms. Current knowledge indicates that people are most contagious around the days when their symptoms appear and they become less contagious when symptoms are gone. Anyone with a newly arisen respiratory tract infection should stay at home. If you have confirmed or probable COVID-19, you should be isolated for at least 3 days after the symptoms have gone and for at least 8 days after symptom debut.

The most important symptom to watch for is difficulty breathing. If you develop other acute symptoms for which you would normally seek medical attention, it is important that you contact the healthcare service. Suspicion of COVID-19 must not prevent you from getting the medical help you need.

If you need help, call your doctor. If you cannot reach your doctor, call the emergency out-of-hours clinic (116117). For acute, life-threatening illness, call 113.

In Norway, many people have been tested for COVID-19, but so far only about 5 per cent of all who have been tested have confirmed coronavirus. This means that many respiratory tract infections are due to something other than coronavirus disease.

If someone in the household has an acute respiratory tract infection they should be tested and they should try to keep a distance to other people in the household until the test results are available. The other household members are not in quarantine until a positive test result is given, but they should pay particular attention to their own symptoms. If they develop symptoms of respiratory tract infection, they should be tested and should stay home until the test result is available and symptoms have gone.

Children of primary school age and younger appear to be infected less often. If they do become sick, they usually have a mild course of COVID-19. The symptoms are often mild and short-term, and can be difficult to distinguish from other respiratory tract infections. Respiratory tract symptoms include coughing, sore throat, and blocked or runny nose. Children with COVID-19 may not have fever or a cough.

If a child develops newly arisen symptoms of a respiratory tract infection, they should be kept at home, particularly if they have many symptoms at the same time or are feeling unwell. Exemptions are made for children of primary school and childcare age who have a runny nose or who are otherwise feel well. They do not need to stay at home.

The youngest children will often not complain of a sore throat or body aches, but when they are starting to become sick they may whine more than normal and stop eating, in addition to perhaps having a runny nose or cough. Parents must therefore be extra vigilant when their child appears to be out of sorts and in addition has respiratory tract symptoms, and keep the child at home.

With fever and cough, the child should be tested for COVID-19. With mild respiratory tract symptoms without fever, their condition should be observed for a couple of days. If there is no improvement, testing is recommended. If recovery is quick, the child can return to school/ childcare without being tested.

When can children of primary school age or younger return to school/childcare?

Children without symptoms can return to school/ childcare

Children who are in good general health after recovering from a respiratory tract infection can return to school/childcare. This means that their general condition indicates when children can return. This applies even when the child still has some residual symptoms like a runny nose (regardless of colour of mucus) or occasional coughing. These symptoms combined with good general condition are common after younger children recover from a respiratory tract infection. As long as symptoms can be linked to a past infection, and not a newly arisen or worsening infection, the child can return to childcare when their general condition is good or back to normal for the child.

Everyone with confirmed COVID-19 shall be in isolation and be followed up by the healthcare service.

For more information click [here](#).