



# GIS NEWSLETTER

18 January 2022

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## PYP and MYP information evenings

We would like to thank the parents who attended the PYP and MYP Information Evenings last week. If you were unable to attend the meetings, you can access the recordings [here](#). If you have difficulty playing either video online, you may want to download it first onto your device.

## DP information evening

Ms Ada Øye, the IB Diploma Programme Coordinator at Gjøvik High School, will present the Diploma Programme at her school to Grade 10 students and their parents on **20 January 2022 from 5:00pm to 6:00pm**. The meeting is scheduled to take place in **Fagskole's auditorium** (at the back of GIS).

# Close contacts and quarantine

Please find below the current regulations regarding quarantine. Please note that there are two types of close contacts:

1. Household members or equivalently close, e.g., siblings and parents
2. Other, e.g., students in one cohort

## Advice for household members or equivalently close

- If you are a household member or equivalently close (as a romantic partner or best friend), you are obliged to be quarantined for 10 full days. This also applies to children.
- You should take a test as soon as possible, and a test 7 full days after contact with the infected person. The quarantine can be ended by a negative test after 7 full days. The test can be a self-test, an antigen-rapid test (taken by a health professional) or PCR.
- If you live with one or more infected people and you can keep a complete distance, your quarantine days are counted from the time the last infected person tested positive.
- In some cases it can be difficult to keep a complete distance if you live with one or more people who are infected and who need care. Most transmission occurs in the days before and after a person becomes ill. Therefore, the others in the house do not have to wait until the last person in the house has finished their isolation before counting 10 quarantine days. You can count contact on day 4 (with the last patient in the household), as the last exposure, and count 10 days from there. For those who live with one or more people who are isolated, a test to end the quarantine can be taken at the earliest 11 days (4 + 7) after the onset of the disease in the last patient in the household.

- A person who has been permitted to end their isolation period, and who lives with individuals who are still in isolation, does not need to be quarantined again.
- No force or medication should be used to perform testing.
- Children under the age of 16 should not be tested if it is disproportionately demanding to have the child tested.
- Children under school age are only recommended to test if they have symptoms, but if you want to shorten their quarantine period to 7 days, there must be a negative test first. Parents decide whether children should be tested.
- If you develop symptoms, you must stay home and be tested. This applies regardless of vaccination status.
- If you test positive, you must be in isolation and you must take a confirmatory test at a test centre.
- Quarantine duty does not apply to household members and equivalently close contacts who:
  - Have had COVID-19 in the last 3 months
  - Have had a booster dose at least 1 week ago and test daily with a rapid antigen test or every other day with PCR for 7 days after contact.

### **Advice for other close contacts**

- You are considered an "other close contact" if you have been in contact with the infected person from two days before they had symptoms or two days before positive test if they have no symptoms, AND you have been closer than 2 meters for more than 15 minutes.
- You are not obliged to quarantine.

- You are recommended to test day 3 and 5 after the last close contact. The tests can be self-tests, rapid tests taken by healthcare professionals or PCR tests.
- If you have had a corona infection in the last 3 months or are part of a regular testing programme, you do not need to follow these test recommendations.
- You should monitor your state of health and whether you experience symptoms for 10 days. Everyone should have a low threshold to test themselves for mild symptoms.
- If you take a self-test that turns out to be positive, you must be in isolation and you should take a confirmatory test at the test centre.
- Children under school age are only recommended testing if they have symptoms. Parents decide whether children should be tested.
- Children under the age of 16 should not be tested if it is disproportionately demanding to have a test taken.
- Testing should not be forced, or induced by the use of medication.

You can find more information [here](#).

## Donations wanted!

SFO is looking for Barbie dolls, doll houses, toy car garages, etc. If you are looking for a new home for your toys, SFO would love to accept them. Please feel free to drop them off in office. Thank you for your kind support.

## Spare clothes

Please ensure your child has a set of spare clothes in their cubby to change into if they need too. It is particularly important for students in the youngest grades.

## School support contact details

If you have any questions about the matters below, please contact the relevant person:

Taxi (GIS)	Dennis Wanda	<a href="mailto:dennis.wanda@gjovikis.no">dennis.wanda@gjovikis.no</a>
Taxi/bus (Kommune)	Ingrid Raasholm	<a href="mailto:ingrid.raasholm@gjovik.kommune.no">ingrid.raasholm@gjovik.kommune.no</a>
SFO	Deepika Senthilkumar	<a href="mailto:sfo@gjovikis.no">sfo@gjovikis.no</a>
Nurse (MYP)	Ingrid Julie Stadtler	<a href="mailto:Ingrid-Julie.Stadtler@gjovik.kommune.no">Ingrid-Julie.Stadtler@gjovik.kommune.no</a> Tel. 903 65 394
Nurse (PYP)	June Engebretsen	<a href="mailto:June.Engebretsen@gjovik.kommune.no">June.Engebretsen@gjovik.kommune.no</a> Tel. 46 95 13 24
Covid-19 testing	Gjøvik Town Hall	Tel. 61 15 89 11