

VIRKE TRAINING STAFF AWARENESS COVID-19 ADVICE IN NORWAY (September 2020)

To the staff - what do you do if you suspect or are infected with Covid-19?

The symptoms of the disease are normal as with other respiratory infections: fever, cough, wheezing, loss of sense of taste or smell, sore throat, or general malaise. Uncommon symptoms are body aches and pains, diarrhoea, cataracts and headaches.

1. If you are at home, stay there and contact the manager / HR immediately.
2. If you develop symptoms of Covid-19 while at work, keep your distance from others and go home as soon as possible. Return journey should not be by public transport. Contact the manager / HR to inform them immediately.
3. Contact a doctor by phone for testing. Call your GP or emergency room on telephone 116 117. If it is difficult to be tested, contact HR.

If you have been in close contact (closer than 2 metres for more than 15 minutes) with someone who is infected, you should also be in quarantine until this has been clarified. Let the manager / HR know. Contact a doctor for sick leave. If you develop symptoms, see points 1) and 3).

If you have mild respiratory symptoms and a feeling of illness, consult a doctor for a coronavirus test. If it is negative, you must still be away from work and on sick leave until you have been symptom-free for 1 day. Notify manager and HR.

Action plan if there is a suspicion of or proven infection at the fitness centre, both among employees or the centre's members or visitors.

1. If there is a suspicion that someone who trains at the centre has symptoms of a respiratory infection such as cough, cold, general bad form, then all employees at the centre have a responsibility to report and ask the person who has nevertheless gone to the centre to go home immediately. Members, or employees, should not exercise unless they are completely symptom-free.
2. In the event of a positive infection test in members or others, the overall responsibility for infection tracing lies with the infection control superior in the municipality. It is also this who has the formal responsibility to notify you, if someone has been shown a positive infection test. We are therefore important that you cooperate well with this and contact the person if you have questions.

In case of infection, it is also important that you take action quickly. Everyone who has had close contact with the person in question must be quarantined.

By close contact here is meant

- Indoors: less than 2 metres distance for more than 15 minutes in the context of a person confirmed sick with Covid-19.
- Outdoors: less than 2 metres away for more than 15 consecutive minutes, face-to-face, with a person confirmed to be ill with Covid-19.
- Have had direct physical contact with (for example by handshake) someone who has been confirmed sick with Covid-19 (does not apply if recommended protective equipment is used).

All employees who have been in the same area as the sick person and cannot be sure that they have complied with the distance of at least 2 metres to the infected person must be sent home and quarantined until the test result is available. The same applies to members with such close contact with the patient.

3. When you are notified by the infection control chief or the infection monitor in the municipality, or you are notified by the member himself, you must make a survey of the patient's use of the centre on the relevant day. You must also notify those who can be said to be close contacts due to the distance requirements about what has happened and about the quarantine rules. Only those who can be said to be defined as close contacts should be quarantined.

It is also very important that you get as accurate information as possible from the infection control doctor or the patient himself, about the patient's presence at the centre in the last 4-5 days before the person became ill:

- Who has the patient been in contact with while they were training or in the locker room
- Where has the patient stayed e.g. halls, specified appliances or wardrobe.

4. You must carry out full washing of the area as well as common areas etc. in which the infected person has resided. Once this has been done, the centre can again be operated as normal.

5. If infection is detected, everyone who has been sent home must be tested and tested negative before they can return to the fitness centre. If it is difficult to be tested, contact the chief infection control officer in the municipality - all Norwegian municipalities will now from Friday 14 August have full test capacity again.

The incubation period is the time from infection to the onset of the disease. According to the WHO, the incubation period is estimated at 5-6 days, but can vary from 0 to 14 days. Current knowledge indicates that the infection mostly occurs from sick people with symptoms, as well as just before the symptoms break out (1-2 days). Some people may be infected with SARS-CoV-2 without developing the disease, but still pass the infection on to others.

The chief infection control officer in the municipality must ensure that close contacts receive information on how to behave, and that they have secure access to contact with a doctor / emergency service if they become ill. The chief infection control officer in the municipality assesses which persons need follow-up by the municipality during the quarantine period, how this is to be carried out, and whether other health personnel or the home care service are to assist in the follow-up.

Fresh close contacts must have the home quarantine.

- Home quarantine and home insulation in connection with covid-19 [Hjemmekarantene og hjemmeisolering i forbindelse med covid-19](https://www.fhi.no/nettpub/coronavirus/testing-og-oppfolging-av-smittede/hjemmekarantene-og-hjemmeisolering-i-forbindelse-med-covid-19/)
- Advice for people who are in home quarantine [Avstand karantene og isolering](https://www.fhi.no/nettpub/coronavirus/fakta/avstand-karantene-og-isolering/)

A closure of the centre should not normally be necessary if there are individual cases and it is known that the infection control guide for fitness centres has been followed. The guide is designed precisely to ensure proper operation and so that any infection that has occurred elsewhere will not spread. We recommend a good dialogue with the chief infection control officer in the municipality about this and that you ensure at all times that both employees and members follow the advice closely.

The logo for VIRKE, featuring the word "VIRKE" in a bold, pink, sans-serif font. The letter "I" is stylized with a small orange dot above it.