

## **“Corona rules” in Hjelmeland**

The aim of our local rules is to limit the spread of the virus for as long as possible. Our region is large and sparsely populated. For this reasons we ask you to adhere to the following guidelines:

- **Holiday makers are not to use their holiday homes**

Our local health care system is not scaled for an epidemic. We need to increase the capacity of our current services in order to give adequate health care to our own inhabitants (which of course includes foreign workers). The local health care in your *kommune* is doing similar work, and you are counted among their numbers.

- **Local quarantine resolution**

As of today the rate of infection is high in Rogaland. Our public health officer has for this reason passed a resolution that imposes a 14 day quarantine on anyone who has been outside Hjelmeland. During a quarantine avoid contact with anyone else than your household members, and also try to limit contact with these. See [helsenorge.no/coronavirus/](https://helsenorge.no/coronavirus/) for more information.

Due to relative low transmission and services in Hjelmeland are the following regions excepted from the quarantine rules: Dalane region, Strand, Finnøy (old Finnøy municipality), Suldal, Sauda, Vindafjord og Tysvær. This may change.

## **Frequently asked questions about “Corona rules” in Hjelmeland**

Commuting:

- You may commute also to other areas than those mentioned above, but if so you need to be quarantined while you are in Hjelmeland

Visitors:

- Working on your holiday home / cabin? We ask you not to stay at your holiday home. While staying in Hjelmeland you are required to adhere to the quarantine rules. Make sure toilets are not accessed by the local population
- Looking after your holiday home? While staying in Hjelmeland you are required to adhere to the quarantine rules.
- Working in Hjelmeland for different reasons? While staying in Hjelmeland you are required to adhere to the quarantine rules. Make sure toilets are not accessed by the local population
- Travelling through Hjelmeland? Stay in your vehicle, while staying in Hjelmeland you are required to adhere to the quarantine rules.

## **Exceptions from the quarantine rules:**

- Necessary visits to health care services does not lead to quarantine.
- Funerals