



WELCOME TO THE FAROE ISLANDS

YOU ARE NOW ENTERING SELF-QUARANTINE FOR 14 DAYS

- Stay at home; this can be together with your family.
- Do not receive visitors from outside.
- If you have to work, do so from home.
- You may go for a drive in your own car and take a nature walk, but only where you will not come into contact with other people. You should avoid all places where there are other people.
- Also remember to maintain personal distance and good hygiene at home with your family.
- You will be contacted twice by a member of the Quarantine Team and you will be assigned a contact person.

IF YOU HAVE SYMPTOMS, IT IS VERY IMPORTANT THAT YOU ARE TESTED

Your contact person from the Quarantine Team can help you get a test. If you are unable to reach your contact person, you can call:

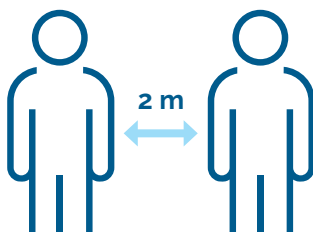
- Your local GP during consultation hours from 08:00–16:00 on weekdays.
- The Corona hotline on tel. +298 30 40 40 weekdays from 10:00–15:00.
- The after-hours GP service on 1870 from 16:00–08:00, as well as weekends and public holidays.

Further information about symptoms can be found on www.corona.fo/symptoms

BE RESPONSIBLE

The Faroe Islands have successfully reduced the spread of COVID-19, and we will continue to do so. Our society is small and vulnerable. It is therefore crucial that we continue to take the greatest possible care to prevent the spread of infection. .

AFTER 14 DAYS YOU CAN MOVE AROUND FREELY IN THE COMMUNITY, BUT REMEMBER TO FOLLOW THE OFFICIAL PUBLIC HEALTH GUIDELINES.



OTHER CONTACT DETAILS

Coronavirus in the Faroe Islands: www.corona.fo
Corona hotline: tel. 30 40 40 – weekdays 10:00–15:00
Chief Medical Officer: www.landslaeknin.stps.dk
Ministry of Health: www.hmr.fo