

Coronavirus testing, symptoms and recommendations in case of confirmation

Information about Coronavirus testing, pre-travel testing and a Covid-19 certificate, and recommendations in case of confirmed infection.

Voluntary testing no longer available

[There is no longer a general recommendation to get tested in case of symptoms of Covid-19.](#)
The City of Bergen closed down the voluntary test facility and stopped handing out free self-tests at Spelhaugen on 22 December 2022.

If you need a valid Covid-19 certificate or confirmation of negative test prior to travelling

If you need a valid Covid-19 certificate or a negative test in connection with work or entry to other countries, you must get tested and get documentation from a private health provider.

[Read more here about Covid-19 certificates and travel](#)

Have you tested positive for Covid-19?

You should follow the general recommendation to stay at home in case of illness, as for other respiratory diseases.

[Please see the checklist for what to do at helsenorge.no.](#)

[Read more about recommended actions if you test positive for Covid-19 here, at FHI.no.](#)

Symptoms, illness, and medical attention

Symptoms of coronavirus infection may include fever, coughing, heavy breathing, headache, lethargy, impaired sense of smell or taste, and aching muscles. In some cases, a sore throat, runny or stuffy nose and sneezing may also occur. [Newly-arisen respiratory tract symptoms - FHI | FHI's advice for children and adolescents](#)

When should you seek medical attention?

Stay home if you feel sick. If the symptoms are severe or do not go away, consult a doctor. Contact your GP, or the out-of-hours medical service on 116 117 if your GP is not available. In case of critical illness, call 113.

Do you have questions

For questions about national rules, see [HelseNorge.no](#) or [use HelseNorge's chatbot.](#)