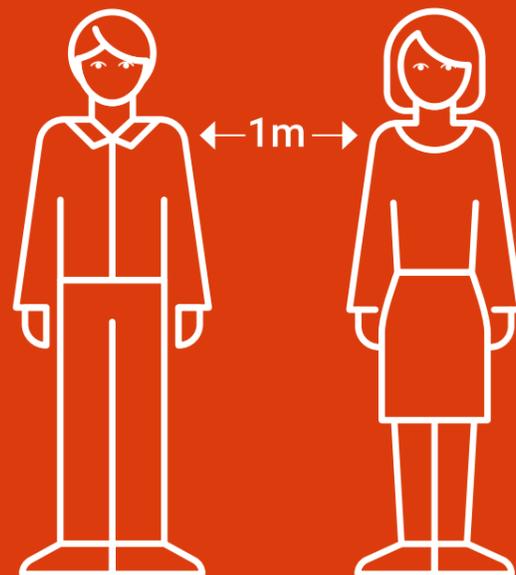


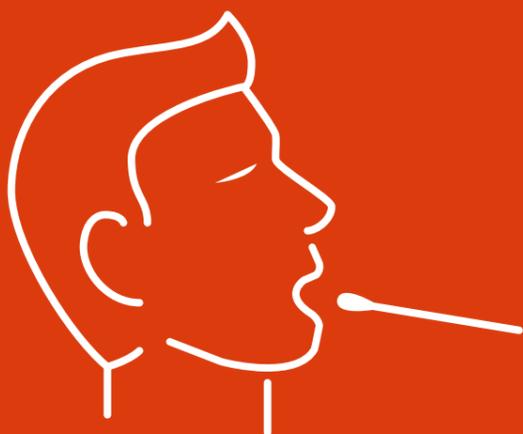
# You can stop COVID-19



Wash your hands frequently and thoroughly



Keep your distance



Get tested if you suspect you may be infected



Stay home if you feel unwell

Get answers to your questions at [helsenorge.no](https://helsenorge.no)



**Helsedirektoratet**  
Norwegian Directorate of Health



**NIPH**