

We are now gradually opening up for physical attendance at the Health center for youths and NMBU students.

Week 19: As of May 6 Possibility of appointment for birth control implants and/or IUDs

Week 20: As of May 13 Drop in appointment by physical attendance (see opening hours).

Week 21: As of May, 18 Opening for physical attendance at appointments regarding psychosocial health.

Infection control measures must be followed at all appointments (see the following instructions).

Opening hours at the Health center for young adults and NMBU students as of May, 13:

Monday: Drop in at 08.30-11.00.

Wednesday: Drop in at 14.30-19.00.

Thursday: Consultations only by appointment.

Infection control measures at the Health center for youths and students:

Before meeting at the Health center we ask you to please read the following instructions:

Only the person who has an appointment or who needs a drop in appointment is allowed to attend. The Health center can only accept you if you are completely free of any symptoms of a cold, fever or respiratory infection. If you are in doubt whether you can attend your appointment, please call 64962240 before meeting at the Health center.

When entering the Health center we kindly ask you to disinfect your hands and to put on shoe covers. Then you contact the health secretary at the front desk.

Anyone who shows up for drop in or appointment will be asked to answer the following questions by the health secretary:

- Are you completely free of any respiratory symptoms, including symptoms of a cold or fever?
- Are all the people you live with symptom free?
- Are you or someone you live with in quarantine or isolate due to Covid-19 symptoms?
- If you have been exposed to the Covid -19 virus the past 14 days?
If you have been ill with Covid-19 symptoms during the past 14 days? If so, we kindly ask you to stay at home.

The covid -19 virus spreads very easily. Follow the instructions from [FHI.no](https://www.fhi.no)

For appointments at the drop in service, please proceed to our secretary behind the glass window, inside the health center.

When you have received an appointment, you are requested to wait outside the health center until it is your turn.

This way we might reduce the number of people waiting in the same limited space, at the same time.

Thank you for helping us preventing spreading of the virus.

