

[Coronavirus | COVID-19]

National measures

Updated on 24 June 2021

These are national measures that apply to everyone. Check the website of your local municipality for local rules.

Most importantly:

Keep your distance.
Wash your hands.
Stay at home if you are unwell.
Limit the number of people that you meet.



Social contact

A maximum of 20 guests. People are encouraged to meet others outdoors. The maximum number of guests in a private home does not include protected people (people who are fully vaccinated, people who are protected 3 weeks after receiving their first dose of the vaccine, and people who have had COVID-19 during the past 6 months), but it must still be possible to keep a distance.

Protected people may have close social contact (less than 1 metre) with other protected people and unprotected people who do not belong to any risk groups.

Children in kindergartens and primary school may receive visits from other children in their cohort.



Restaurants, cafés, and bars

No admission after midnight.

A requirement to register guests, only serve alcohol at tables, a reduced number of guests, seats for all guests, and a distance requirement.



Higher education

More physical teaching and consider regular testing.

Register the names of people present and what seat they are in to make contact tracing easier.



Summer and activity camps

The number of participants at summer camps, activity camps and other leisure activities that gather many people and last for several days should be limited to up to 300 people, and it is recommended that participants be divided into groups of about 40 people.

People are not required to keep a distance of 1 metre, but groups should generally have the same participants and leaders throughout the activity.

For activities conducted during summer and activity camps (cups, performances, etc.), adults are also exempt from the requirement of a 1-metre distance, but only when this is necessary in order to participate in the activity.



Arrival in Norway

Continued entry restrictions

All travellers arriving in Norway must take a test at the border.

All travellers arriving in Norway must register before they cross the border.

All travellers arriving in Norway from areas subject to a duty to quarantine must quarantine at a suitable location or a quarantine hotel. People staying at a quarantine hotel may complete the rest of their quarantine in their own home/other suitable accommodation if they present a negative result from a test taken no sooner than 3 days after arrival.

People who can document their status as fully vaccinated or recovered from COVID-19 using an EU Digital COVID Certificate are exempt from the duty to quarantine/test/register.

Entry into Norway is permitted for some people from the EEA with relations to people who reside in Norway, for instance parents, adult children, or a romantic partner over the age of 19.

People who are protected because 3 weeks have elapsed since they received their first dose of the vaccine do not have to stay at a quarantine hotel, and must quarantine at a suitable location, providing they can present an EU Digital COVID Certificate.

Travellers who have visited areas in the EEA/Schengen with fewer than 500 cases per 100 000 inhabitants during the past 2 weeks ('dark red' areas), and who have a suitable place of quarantine, are exempt from the duty to stay at a quarantine hotel.

Travellers who have visited the UK must complete travel quarantine at a quarantine hotel due to the prevalence of the Delta variant of the virus.

Travellers who have visited countries outside the EEA/UK must stay at a quarantine hotel until they have a negative result from a PCR test taken no sooner than 3 days after arrival.

The same applies to people who have visited the EEA/Schengen/UK if the rate of infection in the country changes to dark red.



Kindergartens and schools

Kindergartens and schools follow the traffic light model with green, yellow, or red level measures in accordance with local assessments made by each municipality, and are ready to change the level of measures in accordance with changes in the infection situation.



Travel

International travel is not advised. Strictly necessary travel is permitted.

Domestic travel is permitted. Unprotected people should take extra care and plan the trip in such a way as to prevent spread of infection. This is particularly important for people who travel from areas with a high rate of infection. (Protected = people who are fully vaccinated, people who are protected because 3 weeks have elapsed since receiving their first dose of the vaccine, and people who have recovered from COVID-19 during the past 6 months).

People who are not protected and who travel to municipalities with measures that are less strict than in their home municipality should follow the recommendations that apply in the municipality they visited before the trip.



Work

General infection control measures.

Combination of working from home and/or flexible working hours.

Increased presence at the workplace.

Employers will have greater freedom to determine whether it is necessary for people to work from home in light of the local risk of infection. People must be able to keep a distance of 1 metre from other people.

Protected people do not need to keep a distance from other people at the workplace, but should take special consideration of unprotected people who belong to risk groups.



Shops

Shops may open, and must comply with the infection control rules under the COVID-19 Regulations to ensure safe operations, and must implement measures to ensure that a distance of least 1 metre is kept, as well as having procedures for good hand hygiene, etc. Infection control measures in accordance with the relevant industry standard.



Elite sports

Elite sports may go ahead as normal. This means that series matches may go ahead outdoors and indoors. Some of the requirements regarding travel quarantine for elite athletes and support personnel are eased – see [regjeringen.no](https://www.regjeringen.no).



Sports and leisure activities

Outdoor activities are recommended rather than indoor activities.

Participants are exempt from the recommendation of a 1-metre distance indoors and outdoors, when necessary, in order to participate in the activity.

The recommended group size for adults is up to 30 people indoors and up to 40 people outdoors.

Children and adolescents under the age of 20 may compete at sports events or inter-regional competitions (at the national level) both outdoors and indoors, without needing to keep a distance of 1 metre.

Adults in recreational sports training are exempt from the 1-metre rule when they participate in sports events, for instance matches, within their region. This applies both outdoors and indoors.

Amateur adult dancers, musicians and dramatic artists are exempt from the 1-metre rule at both outdoor and indoor cultural events if they train or practice together regularly.



Events

Events should be organised outdoors rather than indoors.

People who are not protected and come from areas with a high rate of infection should not attend events in other municipalities.

Private events: Up to 100 people at a public venue or in a rented/borrowed venue indoors or outdoors.

Public events: The maximum number of people depends on

- use of the COVID-19 certificate/testing
- designated seating
- whether the event takes place outdoors or indoors

See [regjeringen.no](https://www.regjeringen.no) for details.



Norwegian Ministry
of Health and Care Services