

National measures

Updated on 13 August 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.



Travel

The Ministry of Foreign Affairs still advises against all non-essential travel to countries outside the EEA/Schengen, the UK and a small number of selected third countries (purple countries).

There are no restrictions on domestic travel. People who are not protected should take particular care to plan their journeys in such a way as to avoid transmission of the infection between places. This is particularly important for people who travel from areas of high infection pressure.

Unprotected persons who travel to municipalities where less stringent measures apply should observe the recommendations in force in the municipality from which they are travelling.



Requirements for entry to Norway

Entry restrictions will continue to apply. The entry restrictions and quarantine rules are categorised on the basis of the infection situation using the colour codes green, orange, red, dark red and purple.

Norwegians are still recommended to spend their holidays in Norway.

Persons who can document by means of an EU Covid-19 certificate or a NHS Covid-pass from Wales/England that they have been fully vaccinated or have had Covid-19 in the past six months can enter the country, and are exempt from the requirements for testing before arrival and when crossing the border, as well as from entry quarantine.



Workplaces

General infection control measures.

Working from home part of the time and/or flexible working hours.

Employers will have more freedom to decide whether it is necessary for employees to work from home in light of the local infection risk. It must be possible for all employees to keep a distance of one metre.

Those who belong to the protected groups do not need to keep their distance in the workplace, but should make particular efforts to show consideration for unprotected persons in high-risk groups.



Sports, cultural and recreational activities

Organisers are encouraged to organise activities outdoors rather than indoors.

Exemptions may be made from the one-metre distance recommendation both outdoors and indoors if necessary to carry out the activity.

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

Athletes can take part in sports events or competitions across regions/districts (nationally), both outdoors and indoors, without being subject to the one-metre requirement.

Dancers, musicians and stage performers who are not professional artists are exempt from the one-metre rule in connection with both indoor and outdoor cultural events, including when they do not otherwise practice or rehearse together.



Top-level sports

Top-level sports can proceed as normal. This means that league matches can take place indoors and outdoors.



Events

Organisers are encouraged to hold events outdoors rather than indoors.

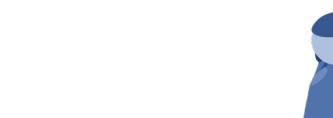
Persons who are not protected and who come from areas of high infection pressure should not attend events in other municipalities.

Private events: Up to 100 persons in public places or in hired/borrowed premises, indoors and outdoors.

Public events: The maximum number of participants permitted depends on

- whether Covid-19 certificates/testing is used
- whether each participant has a designated seat
- whether the event takes place indoors or outdoors

See the plan for the gradual re-opening on the Government's website regjeringen.no for more details.



Schools and kindergartens

Schools and kindergartens follow the traffic light model with green, yellow or red levels of measures based on local assessments carried out by each municipality.



Higher education

Students can attend classes on campus from the start of the semester this fall.

Attendees at teaching activities, as well as where they are seated, should be registered in order to facilitate infection tracing.



The retail trade

The industry must facilitate a minimum distance of one metre and have procedures in place to ensure satisfactory hygiene. Infection control measures in accordance with the relevant industry standard.



Restaurants, cafés and bars

Guests will not be admitted after midnight.

Requirements for registration, table service of alcoholic beverages, reduced guest numbers, seats for all guests and distance.

