

[Coronavirus | COVID-19]

National recommendations and rules

Updated on 9 December 2021

Check the website of your local municipality for local rules.

* FACTS:

Operations in accordance with the infection control rules: Ensure that it is possible to keep a distance of at least 1 metre, have procedures for good hygiene and good cleaning, establish the maximum occupancy permitted inside the premises, and ensure compliance with these rules.

Register contact details of guests (exemption for libraries and shops/shopping centres).

Most importantly

- Accept vaccine doses.
- Stay home and get tested when you are sick.



Private homes and social contact

- Recommendation of a maximum of 10 guests in addition to the people within your household, a maximum of 20 guests on one occasion between Christmas and New Year. Children in kindergarten and primary school may receive visits from other children in their cohort/class/section, even if this exceeds the maximum number of guests recommended.
- Keep a 1-metre distance from other people than those within your household or corresponding close relations. Exemption for children in kindergarten and primary school, as well as people who provide services for children and young people or vulnerable groups.
- Meet other people outdoors where possible.
- Adults should consider whether they can slightly reduce the number of their close contacts.



Arrival in Norway

In general, all travellers must complete entry registration prior to arrival in Norway.

In general, all travellers must get tested upon arrival in Norway.

People who are unvaccinated or do not have a verifiable COVID-19 certificate must also get tested before departing for Norway, and they must go into quarantine if they come from a country that triggers a duty to quarantine. There are separate rules for travellers from Southern Africa in connection with the Omicron variant.

See www.regjeringen.no/entry for exemptions.



Public transport/taxis

Requirement to wear a face covering when it is not possible to keep a 1-metre distance. In taxis, a requirement for both the passenger and the driver to wear a face covering.



Shops/shopping centres

Requirement to wear a face covering when it is not possible to keep a 1-metre distance.

Requirement to operate in accordance with the infection control rules.*



Restaurants, cafés, and night life

- Requirement that venues that serve food or alcohol must make arrangements for people to keep a 1-metre distance from other people than those within their household or corresponding close relations.
- Requirement to wear a face covering when it is not possible to keep a 1-metre distance.
- Alcohol may only be served until midnight.
- Alcohol may only be served at tables.
- Venues with a licence to serve alcohol must have seating for all guests (exemption for cultural events).
- Duty to register guests who permit such registration.



Events

Indoor private events/gatherings:

- A maximum of 20 people. A maximum of 50 people at memorial services.
- The organiser must make arrangements for people to be able to keep a 1-metre distance from other people than those within their household or corresponding close relations.

Indoor public events:

- Without designated seating: A maximum of 50 people.
- With designated seating: 3 cohorts of 200 people each with a 2-metre distance between each cohort.
- Registration of guests who permit such registration.
- Alcohol may only be served until midnight.
- The organiser must make arrangements for people to be able to keep a 1-metre distance from other people than those within their household or corresponding close relations. The 1-metre requirement does not apply when it is possible to keep at least one vacant seat between each person sitting in the same row from the time they arrive at the event. People from the same household may sit closer together after arrival.

Outdoor events:

- Recommendation to keep a 1-metre distance and to wear a face covering when this is not possible.



Kindergartens, schools, and after-school programmes

Schools: Regular testing in areas with a high infection rate.

Kindergartens, schools, and after-school programmes: May adopt the traffic light model locally.

Social events should be limited to the same class/cohort.

Separate requirements regarding operation in accordance with the infection control rules, including in relation to hygiene and measures to reduce contact.



Workplaces

Recommendation to keep a 1-metre distance and wear a face covering if it is not possible to keep a distance.

Employers are required to make it possible for employees to work from home when this is feasible and does not have a negative impact on services that are important and necessary for the business, including activities to protect children and vulnerable groups.

Recommendation of flexible working hours when it is not possible to work from home.



Sports and leisure activities

Children and young people and under the age of 20: Recommendation to perform activities outdoors as far as possible. No cap on numbers outdoors or indoors for organised training or practice.

Adults over the age of 20: Recommendation to perform activities outdoors as far as possible. For indoor organised training/practice, recommendation of groups of up to 20 people, a good distance when this is possible in order to be able to perform the activity, and a distance of at least 2 metres for high-intensity training.

Elite sports may go ahead as normal.



Fitness centres and indoor swimming pools

Requirement to operate in accordance with the infection control rules.*



Higher education

Recommendation of more teaching in smaller groups and more digital teaching.



Libraries, museums, amusement parks, bingo halls, soft play centres, amusement arcades, etc.

Requirement to wear a face covering when it is not possible to keep a 1-metre distance.

Requirement to operate in accordance with the infection control rules.*



Hairdressers, skin care professionals, tattooists, etc.

Requirement to wear a face covering when it is not possible to keep a 1-metre distance. The requirement to wear a face covering does not apply to customers in situations where this is not feasible.

