

[Coronavirus | Covid-19]

National measures

Last updated 22 January 2021



Social contact

Everyone should limit social contact.

It is recommended that meetings with other people take place outdoors, and to avoid visits of more than five guests in addition to those who are already living together.

If all of the guests are from the same household, more visitors are permitted, however, the number of visitors must allow for physical distancing.

Children in day-care facilities and primary schools may receive visits from members of their own cohort.



Shops

All shopping centres and shops must introduce limits on the number of customers permitted inside and control access to the premises in order to enable social distancing.



Restaurants, cafés, bars

Alcohol will only be served to persons also being served food.

Licensed sales of alcohol will not be permitted after midnight, guests will not be admitted after 22.00.

A distance of at least 1 metre must be maintained between guests not from the same household.

All guests must be seated and alcohol will only be available by table service.

Guest contact details must be recorded – subject to the guest's consent.



Arriving in Norway

All persons arriving in Norway must take a Covid-19 test at the border.

Persons arriving from abroad must also provide proof of a negative test taken no more than 72 hours prior to entering Norway.

All persons arriving in Norway must register prior to crossing the border.

All persons arriving in Norway must quarantine for a period of ten days.

It is possible to end quarantine as of day seven if the person entering Norway tests negative for Covid-19 on two occasions following their arrival.

Persons who do not have a permanent home (rented or owned) or suitable quarantine accommodation in Norway must remain in a quarantine hotel. Confirmation of the availability of suitable accommodation issued by an employer or the party placing the accommodation at the traveller's disposal must be presented upon arrival in Norway.

(Some groups are exempt from these rules, including those with society-critical jobs and children under the age of 12)



Travel

Avoid domestic and international travel unless essential.

Travel to a place of study may be deemed necessary travel.

Stays in cabins in Norway with members of your household remain permitted, but you must comply with local advice and applicable regulations.



Events

Most events should be postponed or cancelled.

If an event must be held in spite of this recommendation:

A maximum of ten individuals may attend private gatherings outside their own home, such as a birthday celebration in rented premises. If the private gathering is taking place outdoors, the limit is 20 attendees.

A maximum of ten people may attend indoor events, while the limit is 200 people for events at which all members of the audience are seated in fixed seating.

Up to 50 individuals are permitted to attend funerals, even if the seating is not fixed.

A maximum of 200 people may attend outdoor events, while the limit is 600 people for events at which all members of the audience are seated in fixed seating.

Events should be postponed if they involve bringing together persons from multiple municipalities.



Sport and leisure activities

Children and young people under 20 years of age may train and participate in leisure activities as usual, and may be exempted from the recommendation of one-metre physical distancing when this is necessary for the activity in question.

Children and young people may train both indoors and outdoors with their team or club, but matches, cups, tournaments, etc. for children and young people should continue to be postponed.

Adults are not recommended to engage in organised activities indoors. Adults may participate in exercise outdoors if it is possible to maintain sufficient physical distancing.

Elite sports are recommended to postpone all fixtures for two weeks.



Schools and kindergartens

Kindergartens and schools are currently ranked yellow.

Municipalities may continue to rank lower and upper secondary schools as red until the end of this week if they need to prepare for a transition to yellow, or they make a local decision to remain at red due to the infection situation.



Higher education

All universities, university colleges and vocational schools should use digital instruction where this is possible.

All planned events should be digital and larger lectures and gatherings should be avoided.

Students in areas without high rates of infection should have the option of in-person instruction at least once a week where it is possible to implement smaller groups and in accordance with infection control guidelines.



Workplaces

Working from home is advised for everybody who is able to do so.

These are national measures that apply to everyone.

Check your local municipal website for local rules.

Most importantly of all:

[Keep your distance.

Wash your hands.

Stay at home if you are unwell.

Limit the number of people that you meet.]



Norwegian Ministry of Health and Care Services