

[Coronavirus | COVID-19]

National measures

In effect from 16 April 2021



Social contact

Everyone should limit social contact.

Keep a distance of 1 metre from other people when possible, except for the people you live with, the person you are in a relationship with, or 1–2 regular contacts if you live alone. This does not apply to the health services, kindergartens or schools, or other services for vulnerable groups where this may prevent ordinary provision of services.

Meet other people outdoors and have a maximum of 5 guests. More guests are permitted if all of the guests come from the same household, but it must be possible to keep a distance.

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



Shops

All shopping centres and shops must establish the maximum occupancy permitted inside the premises. If necessary, they must use guards to ensure compliance with this rule.



Restaurants, cafés, and bars

Alcohol may only be served to people who are served food.

Alcohol may only be served until 22:00.

Seats for all guests; alcohol may only be served at tables.

A distance of at least 1 metre between guests who do not belong to the same household.

Contact details must be registered for the guests who permit such registration.



Arrival in Norway

In practice, the border is closed to foreign nationals who do not reside in Norway. Norwegian citizens always have the right to enter Norway.

There are exemptions for people who perform critical societal functions, people who are involved in the transportation of goods and passengers, health personnel from Sweden/Finland who are employed in the Norwegian health and care services, people who are exercising visitation rights with their children, and people who otherwise have special reasons to travel to Norway.

All travellers arriving in Norway must take a test at the border, and must present a negative test taken up to 24 hours before arrival in Norway.

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

All travellers arriving in Norway must quarantine at a suitable location or a quarantine hotel. People who do not stay at a quarantine hotel are under an obligation to take a test on day 7. Household members who live with a person who is in quarantine following arrival from another country should also quarantine and take a test.

People who return to Norway after unnecessary international travel must spend the duration of their quarantine in a quarantine hotel.

There are certain exemptions from these requirements.



Travel

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

Avoid unnecessary domestic travel. This is particularly important to and from areas with a high rate of infection.

Travel to a person's place of work or study can be considered a necessary trip.

People may travel to a cabin (owned, borrowed or rented) or hotel within the country, but must avoid public transportation when possible.

People who travel to municipalities with measures that are less strict than in their home municipality should follow the recommendations that apply in the municipality in which they reside.



Events

Events that gather people from several municipalities should be postponed or cancelled.

The rules for events are as follows:

A maximum of 10 participants at private events – unless this is in a private home – for example, a birthday celebration in a rented venue. A maximum of 20 participants outdoors.

A maximum of 10 people at indoor events without designated seating, albeit up to 50 people at indoor sports or cultural events for participants under the age of 20 from the same municipality.

A maximum of 100 people at indoor events where all of the participants sit in designated seating.

A maximum of 200 people at outdoor events, but 600 people (divided into three cohorts of 200 people each) if they sit in designated seating, and there is a 2-metre distance between each cohort.



Sports and leisure activities

Children and adolescents under the age of 20 may train and participate in leisure events as usual. They are exempt from the recommendation of a 1-metre distance.

Children and adolescents who train/practice with a team, club etc. in another municipality may compete with this team/club if so permitted by the infection situation.

Children and adolescents under the age of 20 who participate in sports that do not involve close contact may participate in outdoor sports events that gather participants from the same region.

Adults may participate in organised indoor activities in groups of up to 10 people and in groups of up to 20 people outdoors as long as they can keep a distance of at least 1 metre.

Elite athletes may train normally both outdoors and indoors.

Elite sports events are allowed with the exception of series matches.

Outdoor practice matches in the top 2 levels of the Norwegian football league for women and men are allowed.



Kindergartens and schools

Kindergartens and schools are at yellow level.



Higher education

It is possible to be on campus with enhanced infection control measures. Libraries and reading rooms may open. Large lectures and gatherings should be avoided; teaching in small groups is allowed.



Workplaces

Anyone who can, should work from home.

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.

