

Going into travel quarantine

Anyone arriving in Norway from abroad with an entry permit must normally go into quarantine for 10 days from their date of arrival in Norway.

The requirement to go into quarantine does not apply to anyone arriving in Norway from a country in the Schengen Area or the EU where the level of infection is sufficiently low. See which countries this applies to at www.fhi.no/en/infectioncontroltravel.

When in travel quarantine:

- You must remain in quarantine for 10 days after arriving in Norway.
- You must stay in your own home or other suitable accommodation.
- You can socialise with the people you live with in the normal way, but you must not have any visitors.
- You must only leave the place where you are staying if you are able to avoid close contact with others.
- You must not go to school or work, but you can work from home.
- You should not travel by public transport.
- You should avoid places where it is difficult to keep your distance.
- As a general rule, you should not visit public places such as shops and cafés. In the absence of alternatives, you can go out to the shops or pharmacy for essential errands, but you must make sure you keep your distance (at least 1 metre) from others and avoid queues.
- You can go out for walks, but you must stay at least 1 metre away from other people.

Be alert to your own symptoms. If you have a fever, cough, breathlessness, loss of taste or sense of smell, sore throat or general malaise, you should go into isolation as soon as possible and contact your local emergency medical service on tel. 116 117 to arrange a test



For more information, see:
www.helsenorge.no/koronavirus