

# Business travellers arriving in Norway

9 November 2020

## Quarantine and quarantine hotels

- All visitors arriving in Norway from countries and regions with a high or very high infection rate ("red" or "grey" countries) must go into quarantine for 10 days.
- Persons arriving in Norway who are obliged to go into quarantine must stay at a quarantine hotel. The exceptions are if you are resident or own a residential property in Norway, or if your employer or client has arranged suitable accommodation for you in a single room.

## Certificate of negative COVID-19 test

- Foreign nationals arriving in Norway from a region subject to a quarantine obligation must, with certain exceptions, present a certificate confirming that they have had a coronavirus test with a negative result. The certificate must have been issued within the past 72 hours in order for you to enter Norway.
- The certificate must be written in Norwegian, Swedish, Danish, English, French or German.
- The certificate must refer to an approved test method - PCR or the rapid antigen test.

## Stay in quarantine for 10 days

- Foreign workers arriving from countries or regions with a very high infection rate and persons resident in Norway who have visited such countries for work or business purposes:
  - Must go into quarantine for 10 days before they can start work
  - Should be tested, but any test will not shorten the quarantine period
- Foreign workers arriving from other countries in the EEA and Switzerland, and persons resident in Norway who have visited such countries for work or business purposes:
  - Must remain in quarantine until they have tested negative
  - Can start work after the first negative test taken in Norway, but must be tested every three days for 10 days and remain in quarantine during their spare time for 10 days after arrival
  - Must stay in a single room for the quarantine period (not applicable to persons resident in Norway returning from work or business in the EEA or Switzerland)

## How to quarantine

- Persons in entry quarantine must only leave their accommodation if they are able to avoid close contact with everyone other than those they are staying with.
- Persons in quarantine must not enter workplaces where other people are present, or schools or kindergartens.
- It is not permitted to use public transport, except to travel to or from an airport, port or other similar place of arrival in connection with your arrival/departure.
- For more information about quarantine, visit [Helsenorge.no](https://www.helsenorge.no)

## Commuters and persons who cross the border frequently

- Separate quarantine rules apply to health professionals who commute on a daily basis from Sweden or Finland and employees and contractors who cross the border into Norway from parts of Sweden or Finland subject to mandatory quarantine more than once every 10 days. This includes students, upper secondary school pupils, airline personnel, railway employees and long-distance lorry drivers.

## Testing

- Employers and clients are responsible for arranging and paying for testing, and for ensuring that their employees/workers are able to remain at least 1 metre away from others.
- Persons who become ill must go into isolation and contact a doctor.