# Entry quarantine and rules upon arrival in Norway

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Here you will find information about advice and rules that apply when entering Norway. It is important that you stay up to date about which rules apply to you.

## Entry quarantine upon arrival in Norway

People over the age of 18 who come to Norway from a country / area with quarantine duty must, as a general rule, go into entry quarantine for 10 days after arrival.

Travellers from countries/regions in the EEA/Schengen/United Kingdom with a sufficiently low infection rate (green countries/regions) do not need to go into entry quarantine.

Travellers arriving from green countries and regions must go into quarantine if they have visited or transited through a country/region with quarantine duty during the past 10 days.

However, if you are arriving from a green/ orange country/region having travelled via an area with quarantine duty without using public transport, without staying overnight there and without having had close contact with anyone other than members of your own household, you do not need to go into quarantine after arriving in Norway.

Fully vaccinated people and those who have had COVID-19 during the past six months are exempt from entry quarantine if they have valid documentation.

Only presentation of a COVID-19 certificate with a QR code which can be verified by the Norwegian authorities is considered a secure and verifiable way to document vaccination or previous illness.

Here you will find more information about the COVID-19 certificate and which COVID-19 certificates are accepted:

- Log in to view your COVID-19 certificate (helsenorge.no)
- List of verifiable and approved COVID-19 certificates (Lovdata) (in Norwegian)

Other travellers (over 18 years of age) are required to go into entry quarantine for up to 10 days, if they are not mentioned in the exemption provisions in the COVID-19 regulations. but can end

quarantine if they test negative with a PCR test taken no earlier than three days after arrival.

Children and young people under the age of 18 are no longer required to go into entry quarantine, but are encouraged to take a test 3 days after arrival.

It is important that travellers familiarise themselves with the rules that apply before they arrive in Norway. This applies to entry restrictions, registration requirements, testing, quarantine rules and requirements regarding documentation for exemption. It is also important to be aware that the rules may change at short notice and that the traveller is responsible for ensuring they are up-to-date about the rules that apply at the time of entry.

Here, you will find more detailed information about the rules that apply:

- Registration of entry to Norway (regjeringen.no)
- Travel to and from abroad (helsenorge.no)
- Information sheets in many languages concerning entry provisions (helsedirektoratet.no)

## Map of entry quarantine

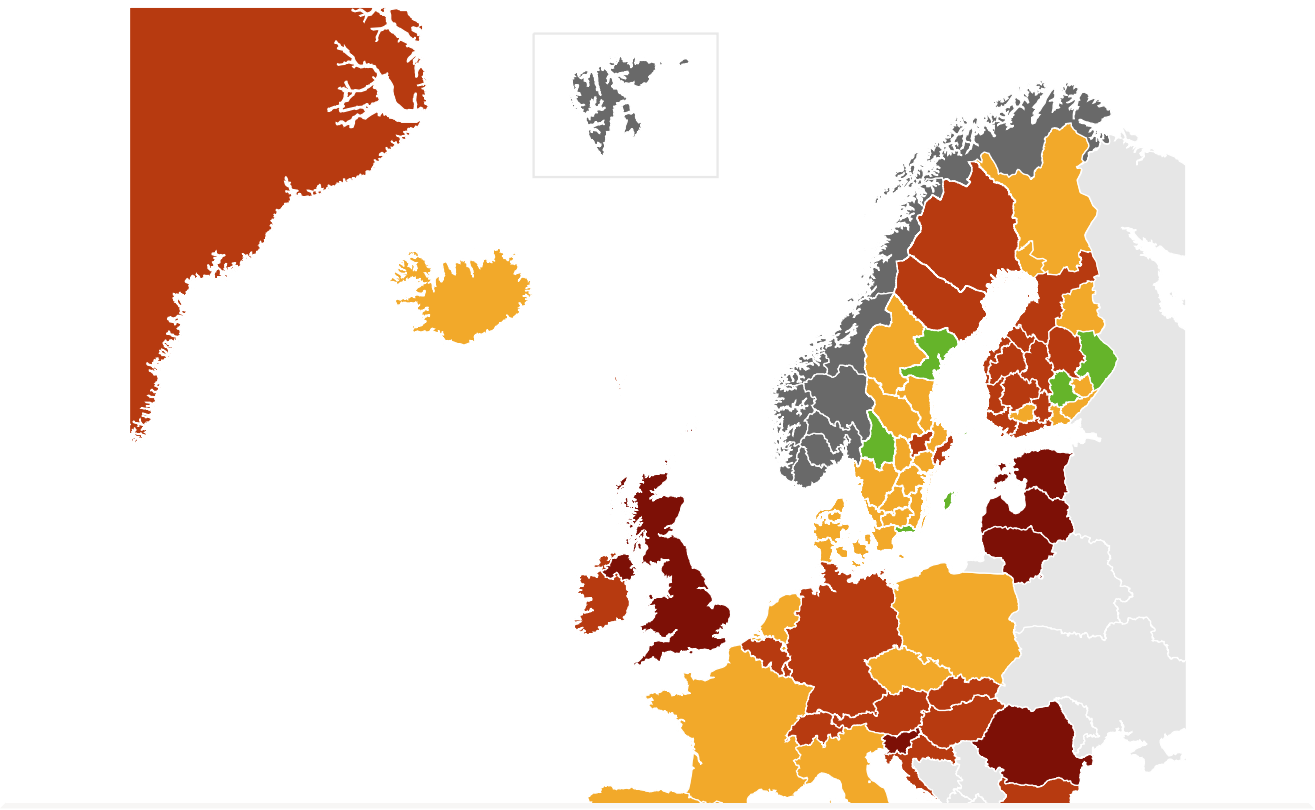
Updated travel advice will take effect no earlier than the day after the day on which a decision is taken by the government, but it may take several days from the date of the decision until the travel advice takes effect. The map below is updated at the time when the advice takes effect.

### Map and table that shows entry quarantine to Norway

**The map below applies from October 18 2021:**

## Map of Nordic region/ Europe

Map of Nordic region/ Europe with status for entry quarantine



In green / orange countries/regions, the infection rate is considered to be so low that there is no requirement for quarantine, even though these regions may also entail greater risk. If you are arriving in Norway from a green / orange country/region (without a stopover and stay in countries/regions subject to a quarantine duty), you do not need to go into quarantine. However, if you are arriving from an red/ dark red/ purple/ pale grey country/region, the general rule is that travellers over the age of 18 must go into quarantine.

If you are coming from an area with quarantine duty, you should go straight to a suitable accommodation in order to complete your quarantine.

## Islands and archipelagos in Europe

Selected islands and archipelagos in Europe will be assessed at regional level. This applies to:

Canary Islands

Madeira

Azores

Balearic Islands (Mallorca, Menorca, Ibiza, Formentera)

Corsica

Sardinia

Sicily

Ionian Islands (Corfu, Ithaki, Kefallonia, Kythira, Lefkada, Paxos, Zakynthos)

Crete

South Aegean Islands (Andros, Kalymnos, Karpathos, Kea-Kythnos (Kea, Kythnos, Makronisos), Kos, Milos, Mykonos, Naxos, Paros, Rhodos, Syros, Santorini, Tinos)

North Aegean Islands (Chios, Lesbos and Samos)

If the infection situation satisfies the requirements for green /orange countries/regions, it will be possible to travel to these regions without having to go into quarantine when you return home.

## Purple countries and regions (EU's selected third countries)

Countries and regions on the EU’s third country list are considered to meet the criteria for green countries. These countries and regions will be colour-coded purple. Visitors from these countries and regions are subject to the same testing and quarantine requirements upon arrival as travellers from other areas with quarantine duty.

**Purple countries/areas that may have less strict entry requirements from October 18 2021:**

- Kuwait
- New Zealand
- Qatar
- Saudi Arabia
- Taiwan
- Uruguay

The entry restrictions (restrictions on who is allowed to come to Norway) have been lifted for travellers residing in the EEA / Schengen / United Kingdom / Switzerland and purple countries.

- Who is permitted to enter Norway? (helsenorge.no)

NIPH does not have sufficient reliable data for some countries on the EU's third country list, and these third countries are colour-coded pale grey. The same rules for entry from these pale grey countries will apply as for entry from other countries outside the EEA/Schengen/United Kingdom.

## Numerical basis for assessing the infection situation in the EEA/Schengen/United Kingdom and the EU's third country list

Every Thursday, NIPH prepares a report in order to assess which countries and regions in Europe require quarantine upon entry. The figures in the report are mainly taken from ECDC. The report is prepared in accordance with assignment number 116, sub-assignment 3. An assessment is also carried out of the countries on the EU's third country list regarding countries and regions which could qualify for less strict entry restrictions (purple countries and regions). This assessment is carried out every Thursday:

Even-numbered weeks - reviews of countries and regions:

where it is appropriate to change from green to red/orange and from red/orange to green

where it is appropriate to change from purple to grey and from grey to purple

Odd-numbered weeks - reviews of countries and regions:

where it is appropriate to change from green to red/orange

where it is appropriate to change from purple to grey

On the basis of the report, the government then decides which countries and regions require entry quarantine and which countries must be assessed. Updated travel advice will take effect from no earlier than the day after the day on which the government adopts a change.

After the report has been assessed, it will be published on fhi.no:

Numerical basis for the map and the EU's third country list

## Countries outside the EEA/Schengen/United Kingdom and overseas regions

You must go into quarantine upon entering Norway from countries outside the EEA/Schengen/United Kingdom and overseas regions.

Travellers from purple countries on the EU's list of 3rd countries have the same requirements for testing on arrival and quarantine as travellers from red countries.

Overseas regions, including Gibraltar, are not covered by the travel advice for countries in the EEA/Schengen/United Kingdom. Overseas regions are subject to the same entry restrictions and quarantine rules as other countries outside the EEA/Schengen/United Kingdom. Examples of overseas regions are land areas in the Caribbean and North Africa which are governed by a Schengen country, without belonging to the Schengen area as a result.

### Criteria for assessing the infection rate

Green / orange countries in the EEA/Schengen/United Kingdom or regions in the Nordic countries are considered to have sufficiently low infection rates. This means that these countries/regions have had:

- fewer than 75 confirmed cases per 100,000 residents during the last two weeks, or
- 75 - 200 confirmed cases per 100,000 residents during the last two weeks, and less than 4 % positive tests

The assessment can be made at regional level where health authorities can carry out comprehensive infection control assessments concerning the infection rates in individual regions.

## The Ministry of Foreign Affairs travel advice was rescinded on 1 October

The Ministry of Foreign Affairs' global travel advice, which advised against all travel that was not strictly necessary to all countries outside the EU / EEA, Switzerland and the United Kingdom as well as certain countries and areas outside the EU, was rescinded on 1 October 2021. Please note that the withdrawal of the travel advice does not affect requirements for quarantine, in Norway, or in other countries.

The Ministry of Foreign Affairs will issue travel advice for individual countries where necessary.

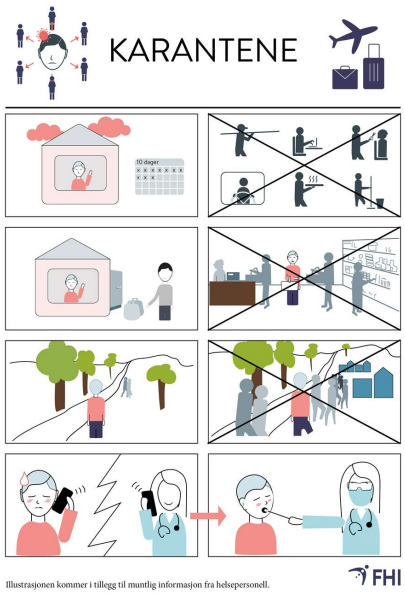
When planning to travel abroad, it is recommended to use the app «Reiseklar». This app is intended to give traveling Norwegian citizens easy access to travel information, travel advice and travel registration.

- Travel information from the Ministry of Foreign Affairs (in Norwegian - regjeringen.no)
- Global travel advice to be rescinded as of 1 October (regjeringen.no)

## Rules for those who are in entry quarantine

If you do not have a permanent residence, or a suitable place for quarantine, the municipality you are staying in can help you find such a place. This may apply to people without legal residence in the country / undocumented migrants.

- More information on testing and health care for people without legal residence in several languages (Helsenorge)




### When you are in quarantine, the following applies:

For entry quarantine: You must go into quarantine for 10 days after arriving in Norway. The quarantine period may be shortened if you have a PCR test with a negative result no earlier than 3 days after arrival.

When you are in entry quarantine, you should keep a distance from older children and other adults.

For children and people in need of healthcare, however, the need for care must be given the highest priority.

- Avoid visits to the home
- Do not go to work, school, childcare centre or other activities outside the home.
- Do not take long trips in Norway.
- Do not use public transport.
- You can go for a walk, but maintain a distance of 2 metres from others.

- Avoid places where it is difficult to maintain a distance from other people.
- As a rule, you should not visit public places like shops. If there is no alternative, you may go out to carry out essential errands to the supermarket or pharmacy, but ensure that you maintain a distance (at least 1 metre) from other people, wear a face mask and avoid queues.
- Be alert for any symptoms. If you develop an acute respiratory tract infection with fever, cough, shortness of breath or loss of sense of taste or smell while in quarantine, you will be considered to have probable COVID-19 disease. You should be tested as soon as possible and go into isolation at home until your test result is available. If you test positive for COVID-19 during your quarantine period, you must continue your home isolation, and the contact tracing team in your district or municipality will carry out full contact tracing. With a negative test result, you must continue your quarantine as planned.

## Suitable locations for quarantine

- The most important requirement for accommodation to be considered suitable for spending quarantine is that you must be able to maintain a safe distance from other adults throughout the entire quarantine period.
- For those with a permanent residence in Norway, it is normal to spend quarantine at home. If you live with others but do not have much space, you can get help to find a suitable place.
- Halls of residence/shared housing can be suitable accommodation if it is possible to keep a distance to other adults and older children. You should use communal areas as little as possible.
- Student housing made available by the Student Association is probably not suitable as quarantine accommodation. Student housing belonging to Student Associations must be assessed under the exception in Section 5 fourth paragraph (a), which stipulates requirements for private rooms with their own toilet and kitchen, in order for the student to be able to complete their quarantine in student housing
- Overnight accommodation where you need to interact with other guests is not suitable for quarantine use. Staying in a motorhome, caravan, tent or cabin on campsite without a private bathroom/toilet and kitchen facilities is not acceptable for quarantine if you have to share these facilities with people other than your close contacts/travel companions. The same applies to staying at addresses where you have to share rooms/facilities with people other than those you normally live with, such as halls of residence and other accommodation with a shared bathroom or kitchen.
- Barracks may be suitable as accommodation, provided that you have a private room with your own bathroom/toilet/kitchen, or you have organised food delivery. See below regarding the organisation of adapted accommodation for quarantine use where many people live together.
- Quarantine hotel service for visitors to Norway who need a suitable place to quarantine

# Infection control advice for places of quarantine where many live together

Here are some points to consider when arranging accommodation where many people are to spend their quarantine period, e.g. quarantine hotels. Legal and financial conditions concerning such stays are provided by the Norwegian Directorate of Health.

## Risk assessment

> Anyone who is responsible for accommodation for people in quarantine should carry out a risk assessment of the facilities and adapt the conditions to ensure adequate infection control. The risk assessment of the accommodation must cover the following:
>
> Which areas are suitable for those who are to be quarantined.
>
> How current infection control measures will be observed (social distance requirements, hand hygiene/cough etiquette, ventilation in the room, food serving, handling of laundry and waste).
>
> Plan for the wearing of face masks for people in quarantine and protective equipment.
>
> Action plan if quarantined people or employees become ill with COVID-19.

The manager/employer at the accommodation must ensure that their employees are aware of the organisation and responsibilities associated with those who are in quarantine.

The Municipal Medical Officer has medical responsibility for those who are to be quarantined in their municipality.

In collaboration with the person responsible for the accommodation, the Municipal Medical Officer must establish routines that protect employees against infection.

## Social distancing requirements

Assess the need for the marking of corridors and communal areas and whether there is a need to put up notices concerning social distancing requirements.

## Hand hygiene

Hand hygiene facilities must be available where people in quarantine spend time and in other communal areas where appropriate.

Written information should be prepared concerning when and how hand hygiene should be practised by both people in quarantine and staff.

## Protective equipment for employees

There is no routine need for the use of protective equipment.

However, the manager/employer should carry out a risk assessment of the need to use protective equipment (face masks, gloves, overalls, visors) and establish routines for their use. Employees must have received training on how to use protective equipment and in which situations it is required.

Systems must also be established for the purchase and suitable storage of protective equipment.

## Food service

People in quarantine must eat in their room and must not use communal dining rooms or buffet service. Food should be served in the room by placing the serving tray on a table outside the room. Employees should knock and then move away from the door area.

In the room, written information must be provided indicating that used serving trays should be placed outside the door after use. Employees must transport the serving trays to the areas where they are will be cleaned

## Laundry

Existing routines for handling used linen, etc. should be reviewed, both with regard to internal routines and in connection with agreements with external laundry services.

People in quarantine should change their bed linen and put dirty linen, etc. in the collection bag which must be provided in the room. In the room, written information must be available stating which linen, etc. the person in quarantine can place in the bag (e.g. that personal clothing cannot be placed in the bag) and that full bags must be tied up and placed outside the door.

Employees must transport the bags to the laundry or other storage area, separated from other objects until washing.

## Waste management

Existing waste routines should be reviewed to ensure adequate infection control.

People in quarantine should place rubbish in a refuse bag which must be provided in the room. In the room, written information must be provided stating that full refuse bags must be tied up and placed outside the door.

Employees must transport the bags to the appropriate waste containers.

## Cleaning / disinfection of the room

Quarantined people should clean their own room using disposable cloths.

For the accommodation, it is sufficient to clean the room at the end of the quarantine period. Follow existing cleaning routines, in addition to enhanced cleaning of surfaces that are frequently touched.

Cleaning and disinfection at COVID-19 to sectors outside the health service

## People in quarantine

People in quarantine must be given information about infection control measures, including:

The need to keep your distance.

Hand hygiene and cough etiquette.

Regularly ventilate the room if possible.

Wear a face mask if the employee must enter the room or when moving.

What to do if they become ill.

Healthcare personnel from the municipality should preferably follow up those who are in quarantine.

It is not recommended that employees enter the rooms of anyone who is in quarantine. If employees must enter the room, the person in quarantine must ventilate the room first, put on a face mask and keep their distance.

Employees must consider whether there is a need to use protective equipment if distance cannot be maintained.

The person who is in quarantine should not mix with other people. Visits should be postponed until the infection status has been clarified. Information on how people in quarantine should behave can be found under Advice for people in quarantine.

Routines if someone in quarantine or an employee becomes ill

Via the manager/employer at the accommodation, the Municipal Medical Officer must establish routines which explain how both the person who is in quarantine and employees at the accommodation are to respond if the person develops COVID-19 symptoms.

# Public transport when you are in entry quarantine

If you are in entry quarantine, you should normally avoid using public transport, and must never use it if you have COVID-19 symptoms.

If you have been placed in entry quarantine, you may still use public transport to reach your quarantine accommodation within or outside Norway. For these journeys, the following apply:

- Take the quickest route.
- Face masks must be worn during the entire journey in these cases, except for children under 12 years. Wear the recommended type of face mask and follow the advice concerning correct use.
- Be particularly careful about maintaining good hand hygiene and cough etiquette.
- Try to avoid departures where it is not possible to keep at least one metre distance. Use pre-booked/registered seats where possible.
- If you must stay overnight on the way, use pre-booked accommodation in accordance with the requirements and recommendations applying to quarantine.

## FAQ about entry quarantine and travel abroad

- Chat service (helsenorge.no)
- Telephone 815 55 015 (Mon-Fri 08.00-15.30)
- Ministry of Foreign Affairs - Alphabetical list of countries and the rules that apply when travelling to a country.
- Re-open EU - EUs official website for travel regulations for different countries in the EU and the Schengen area

## Infection control advice for travellers

- Infection control advice for travellers during the COVID-19 pandemic

## Earlier versions of maps

- Earlier versions of maps

# Information for the general public

For general advice about coronavirus: our topic page and helsenorge.no

Information helpline for questions about coronavirus: 815 55 015 (weekdays 08-15.30)

The Norwegian Directorate of Immigration has answers to many frequently asked questions about travelling to Norway, and a helpline 23351600 that is open on weekdays from 10:00-14:00.

The Ministry of Foreign Affairs also has answers to many frequently asked questions.

If you need acute medical attention, contact your doctor. If you cannot reach your doctor, contact the emergency out-of-hours clinic on 116117. If life is in danger, call 113.

HISTORY

**18.10.2021**: Updated the quarantine map.

**04.10.2021**: Updated section on the Ministry of Foreign Affairs' travel advice (repealed 1 October).

**04.10.2021**: Updated the map and the table with new quarantine decisions.

**25.09.2021**: Updated in accordance with amendments to the regulations on entry measures (relaxation of entry restrictions and measures) which apply from 25.9 at 16. Added rules and advice for quarantine, suitable quarantine place and advice for quarantine place where many live together, this has been moved from previous chapter "Quarantine and isolation ".

**25.09.2021**: Updated the map and the table with new quarantine decisions applying from 25th September at 4 p.m.

**20.09.2021**: Updated the map and the table with new quarantine decisions.

**16.09.2021**: Travel advice extended to 1 October 2021

**06.09.2021**: Updated the map and the table with new quarantine decisions.

**30.08.2021**: Updated text about accepted COVID-19 certificates and added link to list of accepted COVID-19 certificates (Lovdata)

**30.08.2021**: Updated the map and table with new quarantine decisions.

**23.08.2021**: Updated the map and the table with new quarantine decisions.

**17.08.2021**: Updated sentence about travellers from purple countries on EU's third countries list with regards to testing and quarantine, as per Norwegian version.

**16.08.2021**: Updated the map and the table with new quarantine decisions.

**13.08.2021**: Added that NHS England and Wales' digital COVID certificate can be verified by the Norwegian authorities.

**09.08.2021**: Updated the map and table.

**02.08.2021**: Updated the map and table with new quarantine decisions.

**26.07.2021**: Updated the map and table with new quarantine decisions.

**21.07.2021**: The content has been simplified, links have been updated, some existing content has been specified.

**19.07.2021**: Information regarding updates on the EU list of third countries. Additional information regarding quarantine requirements for travels from green countries and regions that applies if the traveler has been in transit in, or stayed in orange/red/purple/grey countries and regions within the past 10 days.

**19.07.2021**: Updated the map and the table with new quarantine decisions.

**12.07.2021**: Corrected map so islands are shown with correct color

**12.07.2021**: At 00:00: Updated the map and the table with new quarantine decisions.

**09.07.2021**: Added link to the press release from Government.no (only available in Norwegian at the moment).

**08.07.2021**: Replaced the map of Europe with a map of the world.

**06.07.2021**: Updated map and table of entry quarantines in Europe, added list of purple countries and changed text that mentions threshold values. General review of text.

**05.07.2021**: 00:00 Updated map and table of green, red, dark red, purple and grey areas in Europe from 5 July.

**29.06.2021**: Clarified about entry quarantine for children under 16 years.

**28.06.2021**: At 00:00: Updated the map and the table with new quarantine decisions.

**24.06.2021**: Small clarifications, including changes linked to introduction of EU's COVID-19 certificate

**23.06.2021**: Added that the Swedish COVID-19 certificate is not yet ready for this use.

**22.06.2021**: Minor changes to table about entry and quarantine to make the advice clearer.

**21.06.2021**: Updated map and table of green and red areas in Europe from 21 June. Updated table of countries in Europe that require quarantine hotels. Changed from "yellow land and areas" to "green land and areas". Added that registration and testing of everyone at the border has been introduced regardless of where they come from, but exceptions for vaccinated /have had COVID-19.

**20.06.2021**: Added "Norwegian, Swedish, or Danish certificates". Updated table about main rules to reflect updates in Norwegian text.

**19.06.2021**: Updated according to Government's reopening plan. Removed list of countries that require quarantine hotel as there are currently no countries there.

**18.06.2021**: From 19 June at 12pm, travellers from countries within the EEA and Schengen with fewer than 500 new cases of infection per 100,000 in the last two weeks are exempt from the requirement for quarantine hotels and that minors do not go to quarantine hotels. Travellers from countries outside the EEA and Schengen must stay in quarantine hotels until a negative PCR test result is available, taken no earlier than three days after entry.

**14.06.2021**: Updated documentation requirements.

**14.06.2021**: At 00:00 Updated the map and the table with new quarantine decisions.

**11.06.2021**: From 11.6, fully vaccinated and people who have had COVID-19 in the last 6 months will not have to go into entry quarantine. Updated information about exemptions from the quarantine according to this.

**10.06.2021**: Added a link to the article "Exemption from travel quarantine from Friday 11 June at 3 pm" at regjeringen.no.

**07.06.2021**: Added sentence: Currently, the only secure and verifiable way to document status as protected is to log in to helsenorge.no.

**04.06.2021**: At 3 pm: Updated the map and the table with new quarantine decisions.

**04.06.2021**: 15:00: Added table of European countries and areas that do not require quarantine hotels, and updated overview of European countries and areas that require quarantine hotels. As well as a link to regjeringen.no to an article shortening the entry quarantine for protected persons and children under 12 years of age.

**03.06.2021**: Added clarification that from 3 June, people who are protected against covid-19 (fully vaccinated, 3-15 weeks after the first vaccine dose or have undergone illness in the last 6 months) are exempt from quarantine hotels and can carry out the quarantine period at another suitable quarantine location. Posted a link to an article on regjeringen.no which discusses verifiable corona certificate and temporary solution until 11 June, which means that travelers from 03.06.2021 at 12 o'clock must not be in quarantine hotels, but can take the quarantine at home or in another suitable place, if they at the border can document on helsenorge.no that they have been vaccinated or have had covid-19 in the last six months.

**02.06.2021**: Added explanation about supporting data for the map of yellow/red countries in Europe

**01.06.2021**: Added clarification that the overview of European countries / areas that require quarantine hotels in the future will be updated every Monday at 00:00. First update: Monday 7 June. Clarifications to text about quarantine hotels.

**31.05.2021**: At 00:00: Updated the map and the table with new quarantine decisions.

**27.05.2021**: Removed the distinction between necessary and unnecessary travel, and added that from 27.5, travellers from European countries who have fewer than 150 new infections per 100,000 in the last 14 days and a maximum of 4 per cent of those tested do not need to stay in quarantine hotels . From 27.5, the infection situation in the United Kingdom will be assessed as for other countries in the EEA / Schengen.

**24.05.2021**: At 00:00: Updated the map and the table with new quarantine decisions.

**18.05.2021**: Added to the EEA and Schengen area or the United Kingdom, cf. Amendments to the COVID-19 regulation from 13.5.

**17.05.2021**: At 00:00: Updated the map and the table with new quarantine decisions.

**10.05.2021**: On 7 May 2021, the Government announced changes to quarantine hotels. Travellers who have stayed in countries outside the EEA / Schengen must go to a quarantine hotel upon arrival in Norway. This applies regardless of whether the trip was essential or not. The changes took effect from Sunday 9 May 2021 at 12 p.m.

**10.05.2021**: At 00:00: Updated the map and the table with new quarantine decisions.

**03.05.2021**: At 00:00: Updated the map and the table with new quarantine decisions.

**29.04.2021**: New sentences under test on arrival: In the case of a positive result from a rapid antigen test, those who have stayed outside the EEA and Schengen area during the last 10 days must take a PCR test at the border crossing point. Other people with a positive result from a rapid antigen test must take a PCR test within 24 hours of arrival.

**28.04.2021**: Added information about stricter entry measures for travellers from Bangladesh, India, Iraq, Nepal and Pakistan. Moved paragraph about quarantine hotel under paragraph about entry requirements.

**26.04.2021**: At 00:00: Updated map and the table with new quarantine decisions

**18.04.2021**: At 00:00: Updated the map and the table with new quarantine decisions

**12.04.2021**: At 00:00: Updated the map and the table with new quarantine decisions.

**31.03.2021**: Added information about the requirement for a negative test taken 24 h before arrival also applies to Norwegian citizens and residents in Norway from 1 April 2021.

**30.03.2021**: Test on arrival shall be a rapid antigen test, PCR can only be used in exceptional cases. It is no longer possible to end time in a quarantine hotel with a negative test result 3 days after arrival.

**29.03.2021**: Updated the map and the table with new quarantine decisions.

**25.03.2021**: Added information about essential travel, with link to Helsenorge.no

**25.03.2021**: Removed text about PCR tests on the border for travellers from specific countries (repealed section in regulations)

**22.03.2021**: Updated the map and the table with new quarantine decisions

**19.03.2021**: Updated information about quarantine hotels

**15.03.2021:** Added link to government decisions about quarantine hotels

**14.03.2021:** At 23:59: Updated the map and the table with new quarantine decisions.

**11.03.2021:** Added new recommendations from the Government

**08.03.2021:** At 23:59: Updated the map and the table with new quarantine decisions.

**23.02.2021:** Added a requirement that persons in entry quarantine who do not stay in quarantine hotels must be tested with a PCR test seven days after arrival day.

**21.02.2021:** At 23:59: Updated the map and the table with new quarantine decisions.

**14.02.2021:** At 23:59: Updated the map and the table with new quarantine decisions.

**31.01.2021:** At 23:59: Updated the map and the table with new quarantine decisions.

**28.01.2021:** Added information on stricter rules on foreign nationals who seek entry to Norway from January 29.

**25.01.2021:** Updated "Rules and requirements when entering Norway"

**24.01.2021:** At 23:59: Updated the map and the table with new quarantine decisions.

**18.01.2021:** Added text about mandatory testing from 18 January

**17.01.2021:** At 23:59: Updated the map and the table with new quarantine decisions.

**15.01.2021:** UK marked as red striped area in the map (UK should have been red striped when the map was updated 11.01.21).

**11.01.2021:** Clarified point under testing requirements:
Test upon arrival: From 2 January, there is an obligation to be tested for COVID-19 upon arrival in Norway. The obligation applies to everyone who has stayed in an area with quarantine duty during the last 14 days before arrival in Norway.  This also applies to Norwegian citizens. The test should be taken as soon as possible and no later than 24 hours after arrival in Norway.

**10.01.2021:** at 23:59: Added the link to the information hotline for assistance with registration form, updated map and table with new quarantine decisions,. Added the sentence "From the new year, the UK is no longer a member of the EU, and as a result will no longer be included in this assessment and

will be required to have quarantine duty as for other countries outside EU/EEA/Schengen (known as third countries)."

**05.01.2021:** Restructured the first two paragraphs about test obligation and entry quarantine. No changes to advice.

**02.01.2021:** Text about flight ban on direct flights from UK to Norway is changed. The ban will be lifted from January 2nd at 5 p.m. Added text and links about Mandatory testing for travellers to Norway from January 2nd.

**31.12.2020:** The Government is introducing mandatory testing for COVID-19 for travellers to Norway from 2 January 2021. Read more about this here: Mandatory testing for travellers to Norway (government.no). Fhi.no will be updated when the measure is introduced. Added explanatory section on changes in the entry quarantine from 29.12.2020 at 8 a.m. People who come to Norway can be quarantined after day seven at the earliest if they test negative for COVID-19 twice after arrival.

**28.12.2020:** Added "The Government is introducing new quarantine rules that will contribute to more travellers being tested, and strengthen compliance with the quarantine rules. This applies from 29 December at 08.00."

**22.12.2020:** Added text about UK flights

**20.12.2020:** At 23:59: Updated map and table with new quarantine decisions.

**17.12.2020:** Added link to Tallgrunnlag for innreisekarantene for uke 49 og 50.

**14.12.2020:** Adjusted sentence: The test must be taken during the last 72 hours before arrival in Norway. Added link to news article about changes in rules for quarantine hotels.

**11.12.2020:** At 23:59: Updated map and table with new quarantine decisions.

**07.12.2020: Moved content about infection control advice for travel to separate article: Infection control advice for travel during the COVID-19 pandemic**

**04.12.2020:** At 23:59: Updated map and table with new quarantine decisions.

**27.11.2020:** At 23:59: Updated map and table with new quarantine decisions.

**23.11.2020:** Added sentence about quarantine hotels

**20.11.2020:** At 23:59: Updated map and table with new quarantine decisions.

**16.11.2020:** Informed of error in position of map for two Finnish regions - problem being rectified. Itä-Savo and Etelä-Savo have swapped places on our map. In reality, Itä-Savo is on the eastern side of Etelä-Savo. The error was corrected at 1 PM.

**13.11.2020, 23:59:** Change under "criteria for assessment of transmission" to "From 10th November, the threshold values will be changed. There are now exemptions from entry quarantine for travellers from EEA countries and Switzerland where there are fewer than 25 confirmed cases per 100 000 inhabitants during the last two weeks (evaluated on a national level), and fewer than 4 per cent positive tests on average per week over the last two weeks." Added paragraph about domestic travel.

**10.11.2020:** Added link to information letters at Directorate of Health

**06.11.2020:** Updated map and table with new quarantine decisions.

**30.10.2020:** At 23:59: Updated map and table with new quarantine decisions

**24.10.2020:** Updated map and table with new quarantine decisions.

**17.10.2020:** Updated map and table with new quarantine decisions.

**15.10.2020:** Added link to news story about change in entry quarantine that apply from 17th October 2020.

**08.10.2020:** Added link to news story about change in entry quarantine that apply from 10th October 2020.

**03.10.2020:** Correction of the date in the table.

**02.10.2020:** Updated map and table with new quarantine decisions that apply from midnight.

**25.09.2020:** Updated map and table with new quarantine decisions that apply from midnight.

**21.09.2020:** On the map published 19th September the Swedish region Västmanland was wrongly marked yellow. The region is red, this was corrected 21st September 2020, at 10:20 am.

**18.09.2020:** Added new map and updated table of countries at midnight. Countries (from yellow to red): Estonia. Regions (from yellow to red): Zealand and North Jutland in Denmark, Etelä-Savo in Finland. Countries (from red to yellow): Island, Liechtenstein. Regions (from red to yellow): Kalmar and Blekinge in Sweden, Kainuu in Finland.

**17.09.2020:** Added link to news story about change in entry quarantine that apply from 19th September 2020.

**15.09.2020:** Shortened the description of exemption from the COVID-19 regulations

**14.09.2020:** Updated the wording, and added a paragraph about NIPH weekly assessing the infection situation in the EU, EEA and Schengen countries.

**11.09.2020:** Added new map and updated table of countries at midnight. Countries: Hungary and Slovakia. Regions: Southern Denmark in Denmark, Jämtland and Örebro in Sweden, and Kainuu in

Finland.

**09.09.2020:** Added link to news story about change in entry quarantine for travellers from Slovakia and Hungary that apply from 12th September 2020.

**04.09.2020:** Minor text adjustments that do not alter the advice. Added new map and updated table of countries at midnight.

**28.08.2020:** Added under section about Countries and areas "Employees with household members who have symptoms, but who are not probable or confirmed COVID-19 cases, can go to work but should follow the advice given here." Map and table that applies from midnight added.

**26.08.2020:** Added link to news story about change in entry quarantine for travellers from Germany and Liechtenstein that apply from 29th August 2020.

**24.08.2020:** Added Gibraltar to paragraph about overseas regions. Removed regions for Iceland and moved Iceland to the main list of countries.

**21.08.2020:** Added link to Norwegian page with list of departures where passengers have been confirmed to have COVID-19

**20.08.2020:** Added link to Directorate of Immigration questions and answers.

**19.08.2020:** Updated with changes to red and yellow countries that apply from 22nd August 2020.

**14.08.2020:** Emphasised that the Government advises against all non-essential travel and reorganised the earlier versions of the maps so they are easier to find.

**13.08.2020:** Corrected error in colour code for Zealand and Southern Denmark

**12.08.2020:** New map and updated tables regarding changes that apply from 15th August, red and yellow areas. Added explanation about new category, yellow areas. Travel advice extended from 20th August to 1st October 2020.

**10.08.2020** Added sentences: Upon arrival in Norway, you should travel straight to an appropriate place to stay during quarantine, preferably with private transport. If you must be in a public place or use public transport, use a face mask during the journey until you arrive at your destination. added sentence: The Government recommends that inhabitants of Norway should avoid unnecessary travel abroad. Added sentences: The Ministry of Foreign Affairs is advising against all travel abroad that is not strictly necessary, this applies until 20th August. An exception was made on 15th June for Nordic countries for Nordic countries that satisfy certain infection control requirements. From 15th July, exemption was extended for travel to countries in EU/EEA/Schengen area that satisfy these requirements.

**06.08.2020:** Updated map and table regarding quarantine upon arrival in Norway from abroad. Sweden: Uppsala, Södermanland, Dalarna and Västerbotten changed from red to green. Kronoberg and Skåne changed from green to red. Europe: France, Monaco, Switzerland and Czech Republic changed from green to red.

**05.08.2020:** Updated paragraph about health personnel returning from a visit/stay in "green" regions/countries outside Norway. Testing and awaiting a negative result recommended for health personnel before returning to/starting clinical work.

**30.07.2020:** Updated map. Belgia has been marked in red and is covered by the entry quarantine.

**24.07.2020:** Minor edits that do not affect the content. Updated map and table with green and red regions and countries.

**23.07.2020:** Clarification of testing x1 for health personnel with patient-centred work who during the past 10 days have stayed in, or been travelling in "green" regions and countries outside the Nordic region, and that when travelling in green regions and countries in the Nordic region, testing is not required by health professionals.

**17.07.2020:** Added paragraph about overseas regions governed by Schengen countries but that are not part of the Schengen area.
New paragraph added about updating of map/country list, that the Government decides on the advice, and that the new advice will apply from the following day, at the earliest.

**13.07.2020:** Areas with sufficiently low transmission - Specified that it was the government who decided the exemptions**.**

**10.07.2020:** Changed order of some paragraphs, updated sections about criteria and quarantine rules when arriving in Norway from abroad. 6 p.m.: clarified work quarantine advice. 7 p.m.: updated version of map.

**25.06.2020:** Added paragraph about Workers from Schengen and EEA countries under the section about Exemption from quarantine duty. Updated table with Gotland (now red). Added paragraph about EU and EEA countries.

**22.06.2020:** Added sentence about quarantine for people arriving in Norway is the same as for close contacts who have to go into quarantine. Added title "Exemptions from quarantine duty"

**18.06.2020**
Edited to make it clearer what are the rules for entry into Norway and where to find the regulations for entry into other countries.

**12.06.2020**
Added that after June 15, it will be allowed to enter Norway without quarantine duty on arrival after

travelling in areas in the Nordic countries that are considered to have a low infection rate. Maps and tables with an overview of which areas in the Nordic countries are excluded from the entry quarantine will be updated every 14 days. Criteria for assessing which areas in the Nordic region can be excluded from the entry quarantine are included.

**04.06.2020** Added Denmark, Iceland, Faroe Islands, Greenland and the Åland Islands to the list of countries with exemptions for quarantine duty while commuting. Does not apply for transit from other countries.

**29.05.2020:** Added link to Government website about impending changes to quarantine rules. Added link about re-opening for travel to Denmark.

**15.5.2020:** Revised text.

**08.05.2020**

Changed quarantine days from 14 to 10 days, according to decision from Norwegian government 07.05.2020.

**06.05.2020**
Updated text about domestic travel as per Norwegian version.

**17.04.2020**

Removed sentence about official advice to avoid unnecessary travel until 14th April. As of 15th April, this applies until further notice.

**23.03.2020**
Removed paragraph about home quarantine as per Norwegian version

**16.03.2020**
Added paragraph from government. Applies to Sweden and Finland.

**14.03.2020**
Updated according to Norwegian text:

Advice to avoid non-essential travel to all countries. From 14th March 2020, the Norwegian authorities are advising against non-essential travel to all countries. The advice applies until 14th April. Travellers should follow news and travel information from the Ministry of Foreign Affairs, as the advice may be updated rapidly. Everyone travelling from outside Sweden and Finland will be in quarantine for 14 days, regardless of whether or not they have symptoms.  This has retroactive effect from 27th February.  This also applies to people arriving in Norway from Sweden and Finland who have stayed in other countries during the last 14 days. Travellers who arrive in Norway can choose to return to the country they left instead of having to be in quarantine.

**13.03.2020**

Updates according to Norwegian text. Changed name of paragraph "advice after travel" to "advice about home quarantine, added information about everyone being in quarantine after travel outside Nordic region

**09.03.2020**
Updated text according to Norwegian text. Advice after travel and areas with widespread transmission

**04.03.2020**
Updated text according to Norwegian text. General changes throughout article.

**25.02.2020:**
Added link to page with "areas of presumed ongoing transmission. Revised preventive advice during travel.

**17.02.2020**
New text: "Furthermore The Ministry of Foreign Affairs advices against unnecessary travel to mainland China due to the effect of the virus outbreak on society in China in general. The situation is being continually assessed. (Includes now mainland China as to earlier only Zhejiang).

**14.02.2020:**
Updated paragraphs **"**Avoid travel to Hubei province and unnecessary travel to Zhejiang in China" and "Advice after travel", according to changes in Norwegian text.

**13.02.2020:**
Changed the name of the virus from "2019-nCoV" to "COVID-19".