

Information to travellers arriving Norway

Testing

- If you get symptoms such as fever, cough, shortness of breath, loss of taste or smell, sore throat or feeling sick you must call the local medical service at 116 117 to get tested.

If you have tested positive for COVID-19

- If you are sick with COVID-19 or think you might have COVID-19, isolate yourself from other people. You will be followed up by the Norwegian health care service.
- You can self-isolate at home, in a health institution or elsewhere the municipality decides.
- Contact your doctor if the disease worsens.

Infection prevention measures

- Keep at least one meter distance to other people
- Wash your hands frequently and thoroughly
- Stay isolated if you feel sick

Quarantine on arrival in Norway

- If you're arriving from a country or an area without sufficiently low transmission, you must go into quarantine for 10 days from the day you arrive in Norway.
- This applies to the countries listed here: www.fhi.no/en/infectioncontroltravel
- When going into quarantine, you can travel straight to your planned accommodation by using planned transportation. Avoid close contact with others until you are at your accommodation.
- The quarantine must be carried out continuously in one place during the first 10 days of your stay in Norway.



Se mer informasjon:
www.helsenorge.no/coronavirus