



ROYAL NORWEGIAN
MINISTRY OF FOREIGN AFFAIRS

The Royal Ministry of Foreign Affairs presents its compliments to the Heads of Mission accredited to Oslo and has the honour to refer to amendments in the regulation on Covid-19 measures to introduce stricter rules for testing and quarantine upon arrival in Norway to stop coronavirus mutation.

The following changes take effect at 00:01 on Monday 25 January.

The requirement to present a negative SARS-CoV-2 test prior to arrival when travelling to Norway is being amended to require a test taken 24 hours prior to departure instead of 72 hours. Furthermore, all persons who have been to the UK, South Africa, Ireland, the Netherlands, Austria, Portugal and Brazil must undergo a PCR test at the Norwegian border. The quarantine rules are being tightened and will now apply to arrivals from all countries, with fewer exemptions in place and increased requirements in terms of testing.

Norway already has one of the strictest regulatory regimes in place in Europe to prevent the import of infections. The government is now introducing even stricter rules pertaining to testing and quarantine upon arrival in order to stop and delay the spread of the coronavirus mutations and more infectious variants here in Norway. More information can also be found on the Government webpage [Stricter rules for testing and quarantine upon arrival to stop coronavirus mutation - regjeringen.no](https://www.regjeringen.no).

Testing

The requirement to present a certificate documenting a negative SARS-CoV-2 test result prior to arrival to Norway is being amended to require that the test is taken within 24 hours of departure, rather than the previous 72 hours. Persons who are travelling by plane can have test done within the last 24 hours before scheduled departure time for the first part of the flight. The flight can be a direct flight to Norway or a continuous flight to Norway with stopovers at other airports. This will open for travellers from other continents with longer travel time.

At present, only persons who have been to the UK and South Africa are required to undergo a PCR test at the Norwegian border. This

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requirement is now being extended to include Ireland, the Netherlands, Austria, Portugal and Brazil. Additionally, persons who have been in these countries between 15 – 25 January must take a PCR test as soon as possible. Any positive result from a rapid Covid test taken at the border must be followed by a PCR test in the case of all travellers. A PCR-test is necessary in order to do further analysis to establish if the sample contains one of the mutated and more contagious variations of the virus.

Quarantine rules

The quarantine rules are being tightened across the board. There will be fewer exemptions in the quarantine rules and an increase in the testing requirements that apply to persons subject to exemptions.

The following rules are changing:

- There will be stricter requirements applicable to the testing of personnel holding society-critical roles who have special exemptions from the requirements to quarantine upon arrival or in the event of infection. The overarching rule will now be that such persons must receive a negative test result from a SARS-CoV-2 test using the PCR method before they begin working. This test must be taken no sooner than 72 hours after their arrival in Norway. In situations of urgency where it is not possible to await the result of a PCR test, a person may begin work after a negative test using a rapid test taken on the same day that work is due to be performed.
- The exemption from the requirements to quarantine through testing upon arrival for those travelling for work-related reasons in connection with international sporting competitions has been terminated until 31 January. The government will carry out a re-assessment of the situation prior to this date.
- Persons who are scheduled to work on board vessels in Norwegian ports must take a PCR test when being tested at the end of their quarantine period.
- The quarantine upon arrival rules for military personnel will also be tightened. Quarantine may be completed in groups of up to 5 persons, but the Norwegian Armed Forces Joint Medical Services may, at its discretion, determine that more persons may be included in such groups on a case-by-case basis and groups shall still be limited to no more than 30 persons.

- The current exemption from quarantine upon arrival for commuters who regularly arrive in Norway from Sweden and Finland and who undergo testing once every seven days is being amended to ensure that the exemption cannot be used by persons who have been in an area outside of Sweden and Finland that necessitates quarantine within a period of 10 days prior to their arrival.
- The exemptions from quarantine applicable to persons crossing the border to facilitate custodial obligations involving minors and their parents, and to persons who have been invited by the Norwegian state authorities to the country on foreign policy grounds are to be tightened. There is now a requirement to undergo testing 72 hours after arrival in order to be exempt from quarantine during working or school hours. Exemptions will no longer be available during leisure hours. Custodial access to children may be undertaken during quarantine.

The exemptions in the regulations applicable to accredited members of diplomatic missions and family members forming part of their household, as well as to accredited but non-resident diplomats and diplomatic couriers, are continued. The Government webpage on Coronavirus information for Diplomatic and Consular Missions ([Coronavirus information for Diplomatic and Consular Missions - regjeringen.no](https://www.regjeringen.no/en/nyheter/2021/01/coronavirus-information-for-diplomatic-and-consular-missions)), last updated on 22 January 2021, provides useful information.

Diplomatic and consular personnel accredited to Norway and their accompanying family members are strongly urged to comply with the current regulations and recommendations, both at the national and local level, as well as the new measures.

The Royal Ministry of Foreign Affairs avails itself of this opportunity to renew to the Heads of Mission accredited to Oslo the assurance of its highest consideration. ✍

Oslo, 24 January 2021

