



➔ Norwegian version

## Regulations relating to infection control measures etc. in connection with the coronavirus outbreak (COVID-19 Regulations)

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### Amendment Regulation not incorporated in this text:

Regulation 30 March 2020 No. 527 (new section 17a),  
Regulation 3 April 2020 No. 570 (section 6),  
Regulation 5 April 2020 No. 605 (section 17, new section 17b),  
Regulation 7 April 2020 No. 723 (section 6),  
Regulation 16 April 2020 No. 802 (section 12, new sections 12a, 12b and 12c),  
Regulation 16 April 2020 No. 803 (sections 1, 2, 4, 8, 11, new 11a, 13, 16, 17, new 18, 18, 19, 20, 21, 22),  
Regulation 22 April 2020 No. 835 (sections 12a and 12b),  
Regulation 22 April 2020 No. 839 (section 14, new section 14a. Enters into force 27 April 2020).

**This is an unofficial translation of the Norwegian version of the Regulation and is provided for information purposes only. Legal authenticity remains with the Norwegian version as published in Norsk Lovtidend. In the event of any inconsistency, the Norwegian version shall prevail.**

The translation is provided by the Ministry of Foreign Affairs.

**Legal basis:** Adopted by Royal Decree of 27 March 2020 under the Act of 5 August 1994 No. 55 relating to control of communicable diseases, section 1-2, third paragraph, and sections 4-3 and 7-12.

### Section 1. Purpose

The purpose of the Regulations is to establish infection control measures to prevent or limit the spread of the SARS CoV-2 virus in the population and among health personnel, and to ensure maintenance of adequate capacity in the health and care service so that the service can manage the infection situation while simultaneously attending to ordinary health and care services.

## **Section 2. *Scope***

The Regulations apply to any person staying in Norway.

The Regulations apply in Svalbard and Jan Mayen, but with the exemptions and accommodations that follow from section 10.

## **Section 3. *Close contact***

«Close contact» in the context of these Regulations refers to contact in closer proximity than two metres from other persons for more than 15 minutes, or direct physical contact. «Close contact» does not refer to contact between patients, family members or others and health personnel using proper protective equipment.

## **Section 4. *Recommendations relating to distance to be kept between people and gatherings of people in groups***

To prevent or limit the spread of the SARS CoV-2 virus in the population, the Norwegian Directorate of Health issues recommendations relating to physical distance to be kept between people and limits on the number of people who may be gathered together in a group.

## **Section 5. *Duty of quarantine upon arrival in Norway***

Persons arriving in Norway shall undergo quarantine for 14 days after arrival in Norway.

A person in quarantine is to stay in his or her own home or other suitable place of accommodation. The person may only leave the home or place of accommodation if he or she avoids close contact with persons other than those with whom the quarantined person lives.

## **Section 6. *Exemption from duty of quarantine for persons arriving in Norway***

Persons who cross the border between Sweden and Norway or Finland and Norway are exempt from the duty of quarantine under section 5 during the time they are travelling between home and their place of work, and the time they are at work.

Persons who are essential to maintain the proper operation of critical public functions or attend to fundamental needs of the population, including persons who perform goods and passenger transport functions, are exempted from the duty of quarantine under section 5 during the time they are travelling between home and their place of work and the time they are at work. Use of this exemption must be clarified with the entity's management.

Persons included under the exemption described in the first and second paragraphs shall, to the degree possible, avoid close contact with other persons (see section 3).

### ***Section 7. Exemption from duty of quarantine in connection with departure from Norway***

Persons who are subject to the duty of quarantine under section 5 may leave the place of quarantine for onwards departure from Norway if transport from the place of quarantine to the place of departure can be implemented in a secure manner in compliance with infection control guidelines issued by the Directorate of Health.

Persons may not leave the place of quarantine if they are or shall be subject to quarantine or isolation under sections 8 or 11.

### ***Section 8. Duty of quarantine after close contact with a person confirmed to have contracted the virus***

Persons who have been in close contact (see section 3) with a person less than 24 hours before that person developed the first symptoms of infection, when that person has later been confirmed as having contracted the SARS CoV-2 virus, shall undergo quarantine for 14 days after contact.

Persons in quarantine who develop fever or respiratory symptoms such as coughing or shortness of breath shall contact the health service and remain in quarantine.

A person in quarantine is to stay in his or her own home or other suitable place of accommodation. The person may only leave the home or place of accommodation if he or she avoids close contact with persons other than those with whom the quarantined person lives. Quarantined persons may not engage in the following activities:

- a) going to work or school
- b) taking long trips in Norway or abroad
- c) using public transport
- d) visiting places where it is difficult to maintain the necessary distance to other people.

### ***Section 9. Exemption from duty of quarantine after close contact with a person confirmed to have contracted the virus***

Persons who are essential to maintain the proper operation of critical public functions related to matters of life and health are exempted from the duty of quarantine under section 8 when they are working or travelling to and from work by means other than public transport. This does not apply if the person who is exempted from quarantine develops a fever or respiratory symptoms such as coughing or shortness of breath.

«Functions related to matters of life and health» in this context refers to duty shifts performed in the health and care services, safety work (police, fire and rescue preparedness) and the senior management of critical public functions, among other things. Use of the exemption under the first paragraph, first sentence, must be clarified with the entity's management.

Persons included under the exemption described in the first paragraph, first sentence, shall, to the degree possible, avoid close contact with other persons; see section 3.

## **Section 10. Regulation of quarantine and entry and departure rules for Svalbard and Jan Mayen**

Persons who are subject to the duty of quarantine pursuant to sections 5 or 8 shall, upon arrival in Norway, not travel to Svalbard until after the quarantine period has ended.

The Governor of Svalbard may take decisions that persons who arrive in Svalbard shall undergo quarantine in accordance with section 5. The Governor of Svalbard may take decisions on exemption from duty of quarantine for personnel who are essential to maintain the proper operation of critical public functions and key personnel in important companies or entities. The Governor of Svalbard may also take decisions on exemption from duty of quarantine for residents and their family members and others with whom they have close ties when special reasons so indicate.

The Governor of Svalbard may take decisions on the use of the exemption cited in sections 6 or 9 in Svalbard, taking local conditions into consideration.

Persons who are in Svalbard without being resident there, and who are subject to the duty of quarantine under section 5 may leave Svalbard. Nor does the duty of quarantine restrict onwards departure from Norway. Close contact with other persons shall be avoided to the degree possible; see section 3.

Departure from quarantine in Svalbard is to be in line with the Governor of Svalbard's decision, after consultation with the University Hospital North Norway HF-Longyearbyen hospital. The Governor of Svalbard may, by administrative decision, order that persons specified in the fourth paragraph have a duty to leave Svalbard. Chapters IV to VII of the Public Administration Act are not applicable.

## **Section 11. Isolation**

Persons confirmed to have contracted the SARS CoV-2 virus shall undergo isolation.

«Isolation» in this context refers to a person staying in his or her own home or another suitable place of accommodation. The person shall be isolated from other people and, to the degree possible, shall not have close contact with people in the same household; see section 3.

Persons covered by the first paragraph have a duty to remain in isolation from the time symptoms first appear. The period of isolation shall be in accordance with the recommendations of the Norwegian Directorate of Health.

## **Section 12. Closure of day-care centres, schools and other educational institutions**

The following institutions shall be closed:

- a) Day-care centres
- b) Primary schools
- c) Lower-secondary schools
- d) Upper-secondary schools
- e) Universities and university colleges
- f) Other educational institutions.

The municipality shall ensure that day-care centre managers and primary school head teachers establish a service as specified in a and b of the first paragraph for the children of personnel in the health and care service, transport sector or other critical public functions.

The municipality and county administration shall also ensure that a service is provided for children and young people with special care needs that cannot be attended to when day-care, school or other daytime programmes are closed.

### ***Section 13. Prohibition of certain cultural and sporting events etc. where people meet physically***

The following events are prohibited:

- a) Cultural events where people meet physically
- b) Sporting events and organised sporting activities, both indoors and outdoors where people meet physically.

### ***Section 14. Closure of certain establishments***

The following establishments shall be closed:

- a) Serving establishments where food is not served. «Serving establishments» in this context include cafés, bars, pubs and places for social interaction such as discotheques, night clubs and similar establishments.
- b) Establishments that provide hairdressing, skin care, massage, body care, tattooing, piercing and similar services.
- c) Fitness centres, swimming pools, water parks, amusement parks, bingo halls and similar facilities.

### ***Section 15. Requirements for establishments where food is served***

Serving establishments where food is served may remain open if fundamental infection control requirements are met. Meeting fundamental infection control requirements entails that the establishment shall ensure that visitors and personnel can keep two metres of distance between one another, and has introduced good hygiene and cleaning procedures and ensures they are adhered to.

Food shall not be served buffet-style.

### ***Section 16. Requirements for certain health-related practices outside the specialist health service***

The following public and private practices outside the specialist health service may only provide services if fundamental infection control requirements are met:

- a) Physiotherapists, including manual therapists
- b) Chiropractors
- c) Opticians
- d) Podiatrists
- e) Speech therapists
- f) Psychologists

- g) Practices that provide alternative treatment
- h) Other practices outside the specialist health service that provide services that are not considered essential healthcare.

Meeting fundamental infection control requirements entails that the practice shall ensure that patient treatment takes place with two metres of distance between practitioner and patient, and has introduced good hygiene and cleaning procedures and ensures they are adhered to. The requirement regarding two metres distance does not apply, however, to health personnel and other personnel using proper protective equipment in the exercise of their duties.

### **Section 17. *Prohibition against health personnel exiting the country***

Health personnel working in patient treatment and in pharmacies in Norway may not travel to destinations outside Norway. This prohibition applies to both professional and private travel.

The prohibition applies to health personnel throughout the country who work with patient treatment in the specialist health service, in the county-municipal dental health service and in the municipal health and care service, including regular general practitioners and others who, by agreement, provide health and care services to the population.

The prohibition also applies to private practitioners who, without formal ties to a municipality, county administration, regional health authority or the state, provide health and care services to the population; see section 1-3 c) of the Act relating to health and social emergencies.

Exempt from the first paragraph are health personnel who commute between work in Norway and residence in Sweden or Finland, and health personnel who commute between work in Sweden or Finland and residence in Norway. These persons may move between the two countries to carry out their work, provided that public transport is not used.

In special cases, the Norwegian Directorate of Health may grant dispensation from the travel prohibition upon application. Special cases include e.g. travel that is necessary due to critical health or societal reasons or to compelling personal circumstances such as serious illness of a close family member.

For health personnel encompassed by the prohibition specified in the first to third paragraphs, financial losses and expenses associated with foreign travel that are not covered by a private insurance company will be covered. This applies to trips abroad which cannot be carried out during the period from 12 March 2020 until the prohibition is lifted, and which were booked before 12 March 2020. Cost coverage will apply to the health personnel and close relatives.

### **Section 18. *Penalty***

Intentional or grossly negligent violation of the provisions of these Regulations is punishable by a fine or imprisonment for up to six months; see section 8-1 of the Act relating to control of communicable diseases. Violation of section 4 shall not be subject to penalty.

### **Section 19. *Amendments to and extension of the Regulations***

The Ministry may issue regulations extending the period for, repealing and amending the Regulations.

### **Section 20. *Entry into force***

These Regulations enter into force immediately.

At the same time, the following Regulations and decisions are repealed:

1. Regulations of 13 March 2020 No. 287 relating to quarantine etc. upon arrival to Norway
2. Norwegian Directorate of Health decision of 11 March 2020 prohibiting indoor meetings and gatherings with more than 500 participants
3. Regulations of 12 March 2020 No. 270 (Norwegian Directorate of Health decision 12 March 2020 under the Act relating to control of communicable diseases, section 4-1, second paragraph, on prohibition of meetings and closure of establishments)
4. Regulations of 13 March 2020 No. 291 (Decision under section 4-1, first paragraph, of the Act relating to health and social emergencies, on prohibition against foreign travel for health personnel who work in patient treatment)
5. Regulations of 15 March 2020 No. 372 (Norwegian Directorate of Health decision of 15 March 2020 on closure of establishments under the Act relating to control of communicable diseases, section 4-1, second paragraph).

### **Section 21. *Amendments in other Regulations***

1. From the time of entry into force of these Regulations, section 2 b) of the Regulations of 18 March 2020 No. 293 relating to rejection etc. of foreign nationals without a residence permit in the realm, out of concern for public health shall read: – – –
2. From the time of entry into force of these Regulations, sections 2 to 4 and section 7 of the Regulations relating to quarantine, isolation and prohibition against staying at holiday properties etc. in connection with the outbreak of COVID-19 shall be repealed. Section 5, second paragraph, shall read: – – –