

Regulations relating to amendments to the Regulations of 13 March 2020 No. 287 on quarantine etc. after travelling outside the Nordic region

Legal basis: Adopted by the Ministry of Health and Care Services as Regulations of 15 March 2020 under the Act of 5 August 1994 No. 55 relating to control of communicable diseases, section 7-12; see section 1-2, third paragraph; see Regulations of 13 March 2020 No. 287, section 5.

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In the Regulations of 13 March 2020 No. 287 on quarantine etc. after travelling outside the Nordic region, the following amendments are made:

The title of the Regulations shall read:

Regulations of 13 March 2020 No. 287 relating to quarantine etc. upon arrival in Norway

Section 1 shall read:

Section 1 *Duty of quarantine*

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 close contact with other persons is avoided. *“Close contact” in this context refers to contact in closer proximity than two metres from other persons for more than 15 minutes, or direct physical contact. The third sentence does not apply to health personnel using proper protective equipment.*

Section 2 shall read:

Section 2 *Exemption from duty of quarantine*

Persons who travel in connection with work between home and their place of work, and in so doing cross the borders between Norway, Sweden and Finland, are exempt from section 1 when travelling to and from work.

Persons who are essential to maintain the proper operation of critical public functions and attend to fundamental needs of the population, including persons who perform goods and passenger transport functions, are exempted from section 1. Use of this exemption must be clarified with the entity's management.

Persons included under the exemption mentioned in the *first and second paragraphs* shall, to the degree possible, avoid close contact with other persons.

Section 3 shall read:

Section 3 *Isolation*

Persons in quarantine who develop *fever or respiratory symptoms such as coughing or shortness of breath* shall remain in isolation.