

Self-declaration form for persons who are to undergo entry quarantine and confirmation of a suitable accommodation for quarantine.

PART 1

Self-declaration – to be completed by all who are to undergo entry quarantine

What is entry quarantine?

People travelling to Norway from areas with high infection levels shall spend 10 days in quarantine after entry. The quarantine rules are designed to prevent people who are unknowingly infected from infecting others.

While in entry quarantine, you may only be outside your place of accommodation if you can avoid close contact with others. You may not be at a workplace where others are also present, at school, or at a day-care centre. Use of public transport is not permitted, with the exception of transport to and from an airport, a port or similar place of arrival. If you are over age 12, you must wear a face mask while taking public transport to your place of accommodation.

If you develop an acute respiratory infection with fever, coughing or shortness of breath during the quarantine period, you must contact the health and care service to be tested. Even if the test result is negative, you shall remain in quarantine for the rest of the quarantine period.

These rules apply regardless of where you stay during the quarantine period, whether in a private home, a cottage, a quarantine hotel or another place qualifying as a suitable accommodation for quarantine under the requirements.

Intentional or grossly negligent violation of the quarantine rules is punishable by fines or imprisonment for up to 6 months; see section 19 of the COVID-19 Regulations.

Where shall I carry out entry quarantine?

You are to undergo quarantine at a quarantine hotel unless:

- a. You can document that you are a resident in Norway or have a fixed abode in Norway and are staying in this abode or another suitable accommodation during the quarantine period. If you are not listed in the Norwegian Population Register, you must, on arrival, be able to present a rental contract for a fixed abode or a document showing you own a fixed abode in Norway.
- b. You can document that you are married or have a child together with a person who has a fixed abode in Norway, and will be undergoing entry quarantine at the home of your spouse or the other parent. Your minor children may also undergo entry quarantine in the same home.
- c. You have come to Norway to perform work or an assignment, and your employer or contracting client will provide a suitable accommodation during the quarantine period. The accommodation must have a private room with TV and internet, a private bathroom, and a private kitchen or food service. Upon entry into the country, you must be able to present confirmation from your employer or contracting client that it will provide accommodation and that the accommodation satisfies the stated conditions.
- d. You are not going to perform work or an assignment in Norway during your stay, and you have another suitable place of accommodation during the quarantine period where it will be possible to avoid close contact with others. The accommodation must have a private room, access to a private bathroom, and a private kitchen or food service. Upon entry into the country, you must be able to present confirmation from the party making the accommodation available that these conditions are fulfilled.
- e. You are an asylum seeker or resettlement refugee, in which case you will be allocated a spot in an asylum reception centre, and will carry out your quarantine there.

If you are travelling with a member of your own household, you may carry out quarantine at the same place of accommodation. This means you may share a bathroom and kitchen, and there is no requirement that each individual must have a private room.

If you cannot document that you belong to one of the groups mentioned above, you must spend the quarantine period in a quarantine hotel.

More detail on quarantine hotels

After you have presented your documentation, the police will provide instructions on whether or not you have a duty to stay in a quarantine hotel. If you are going to stay at a quarantine hotel but wish to carry out quarantine in a municipality other than where you arrived, you may choose to do so provided that there is capacity at the quarantine hotel you prefer.

Those staying in quarantine hotels may go outside of the hotel if they avoid close contact with others. This means you may go for a walk and otherwise move about where there are few people. If you have no other options, you may go to a store or pharmacy, as long as infection control rules are followed. Quarantine hotels cost NOK 500 per day for private individuals as well as for employers or contracting clients. There is no charge for children under age 10 who stay in the same room as their guardian, while children between ages 10 and 18 are to be charged half, i.e. NOK 250. The hotel will provide food service during the stay.

At quarantine hotels, you will have the opportunity to be tested for COVID-19, but even if the test result is negative, you shall remain in quarantine for the rest of the quarantine period.

You cannot be forced to stay at the quarantine hotel and may choose to leave the hotel. However, in the event that a breach of quarantine rules is observed, the police may be notified. The police may consider criminal prosecution for rule violations.

More information about quarantine rules is available at www.helsenorge.no and www.regjeringen.no.

I confirm the following:

I confirm that I have familiarised myself with the rules that apply to persons undergoing entry quarantine.

I also confirm that:

I am resident in Norway or have a fixed abode in Norway, and will undergo quarantine in my home or another suitable place of accommodation, and can document this.

I am married or have a child together with a person who is resident in Norway, will undergo entry quarantine in this person's home, and can document this.

I have come to Norway to perform work or an assignment. I have confirmation from my employer or contracting client that it will provide a suitable accommodation with a private room with TV and internet, a private bathroom, and a private kitchen or food service. **If you tick here, part 2 of the form must be completed by your employer or client.**

I will not be performing work or an assignment in Norway. I have access to another suitable place of accommodation where it will be possible to avoid close contact with others, with a private room, access to a private bathroom, and a private kitchen or food service, and I have confirmation from the party that is making the accommodation available. **If you tick here, part 3 of the form must be completed by the party that is making the accommodation available.**

I will undergo quarantine at a quarantine hotel.

Place and date:

Signature:

PART 2

Employer or contracting client's confirmation that it will provide suitable accommodation during the quarantine period

Information on the person or persons who are to undergo entry quarantine:

Name:

Date of birth:

Country of residence:

Entry date:

Information on employer:

Name of business or organisation:

Address:

Telephone number:

Contact person:

Information on place of accommodation:

Address:

Time period for which the accommodation has been made available:

It is hereby confirmed that the person specified above is to perform work or an assignment for the business or organisation, and that the business or organisation will provide a suitable accommodation during the 10-day quarantine period. At the place of accommodation it is possible to avoid close contact with others, and the person in quarantine will have a private room with TV and internet, access to a private bathroom, and a private kitchen or food service.

(Ticking box indicates confirmation)

Place and date:

Signature:

PART 3

Confirmation of a suitable accommodation for entry quarantine – to be completed by the party making the accommodation available

Information on the person or persons who are to undergo entry quarantine:

Name: _____ Date of birth: _____
Country of residence: _____ Entry date: _____

Other household members and travel companions who are to undergo quarantine at the same place:

Name: _____ Date of birth: _____
Name: _____ Date of birth: _____
Name: _____ Date of birth: _____

Information on the party that is making the accommodation available:

Name/business or organisation name: _____
Address: _____
Telephone number: _____

Information on place of accommodation:

Address: _____
Type of accommodation: _____
(For example, private home, hotel etc.)
Time period for which the accommodation has been made available: _____

It is hereby confirmed that the accommodation is being provided for the purpose of undergoing entry quarantine in the specified time period. At the place of accommodation it is possible to avoid close contact with others, and the person or persons in quarantine will have a private room, access to a private bathroom, and a private kitchen or food service.

(Ticking box indicates confirmation)

Place and date: _____ Signature: _____