

Important information about your stay in a quarantine hotel

Quarantine hotels are for international travellers who are obliged to spend all or part of their entry quarantine in a hotel. Thank you for complying with your quarantine obligation; it is important to limit the entry of Covid-19 infection into Norway.

If you experience symptoms of Covid-19, you must immediately contact hotel reception to book a test.

Upon arrival and departure: Present the confirmation from your entry registration that you received via text message so the quarantine hotel can register your stay. Registration makes it easier to provide you with the follow-up and services you are entitled to upon entering the country. If you will be travelling onwards before completing your quarantine, it is important that you check out of the hotel and specify a new place of quarantine on your entry registration form on [entrynorway.no](https://www.entrynorway.no).

Testing: You will be offered Covid-19 testing during your hotel stay. The test can be taken no earlier than 3 days after arrival. If you test negative and have your own residence or other suitable place of quarantine, you can complete your entry quarantine there. You can find information about suitable places of quarantine on the Norwegian Institute of Public Health's website: <https://www.fhi.no/nettpub/coronavirus/fakta/karantene-og-isolering/#egnet-sted-for-karantenen>

If you do not have another suitable place of quarantine or circumstances indicate that you should spend your entire quarantine in the quarantine hotel, you will be offered a test 7 days after arrival. If this test (PCR test) comes back negative, your entry quarantine will end, and you can leave the quarantine hotel.

All quarantine hotel guests are encouraged to seek information from the municipality in which they will be staying.

Quarantine hotel rules

All guests in quarantine in this hotel must follow these rules:

Social distancing: Keep at least 2 metres away from other guests. Avoid physical contact, including shaking hands and embracing.

Food service: All food will be served in your room.

Movement: The unnecessary use of the hotel's indoor communal areas is forbidden.

Outdoors: You may go outside the hotel, but only if you avoid close contact with others. Tell reception when you are going outside and for how long you will be outside.

Public transport: Using public transport during quarantine is forbidden. If you are changing your place of quarantine, public transport can be used to travel to your suitable new place of quarantine. Face coverings are mandatory on such journeys.

Face coverings and washing your hands: Put on a face covering when you leave your room. Keep it on at all times while inside the hotel. Wash your hands or use anti-bac frequently and diligently.

Payment: Adults are charged NOK 500 per day for stays in a quarantine hotel. Children aged 10-18 are charged NOK 250 per day. Children under 10 stay free of charge.

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Breaches of the quarantine rules: If you breach the rules, the hotel can contact the police. In these circumstances, the police will consider criminal prosecution and/or removing foreign nationals.