

To all travellers to Norway

We ask everyone travelling to Norway to help reduce the risk of bringing Covid-19 into the country.

The Norwegian health authorities recommend that anyone who has symptoms or who suspects they have been in contact with an infected person, and anyone who has been in a “red country”, be tested for Covid-19 when arriving in Norway.

The test is voluntary and free of charge. Tests are performed at a testing station at the place of arrival.

You may be infected even if the test comes back negative. For this reason, the quarantine rules apply regardless of the test result. If you are coming from a country for which quarantine is required, you therefore have to go into quarantine even if you take the test.

The test result will be available within 3 days at the latest. If the test shows that you have Covid-19, you will be contacted and monitored by the health service in the municipality where you reside or are staying.

You therefore need to provide the address where you are living/staying and your phone number.

We do not have the means to issue all the negative test results. If you have not heard from us within 3 days, that means you have tested negative.

However, if you are a permanent resident of Norway, you can find the test result at Min side, HelseNorge.no. In some municipalities, travellers who are not resident in Norway will be sent a login link by SMS. Support is not available for login problems. Anyone who tests positive for Covid-19 will be contacted by the health service and monitored.

The test centre is only able to conduct testing.

If you feel ill, contact a doctor. Residents of Norway should contact their GP or out-of-hours medical service. Travellers who are residents of another country should call the out-of-hours medical service on 116117 if they fall ill.

If there is a high demand for testing at any time, the test centre will have to prioritise who is tested. Anyone with symptoms, or who knows they have been in contact with people infected with Covid-19, will be given priority.

Thank you for agreeing to be tested!

Bjørn Guldvog
Director General of Health