

# Foreign nationals with no symptoms of coronavirus infection may leave Norway

People who are in quarantine, but who are symptom-free, may now leave Norway on condition that sound infection control measures are practiced during transport from the place of quarantine to the place of departure.

This includes the following:

- If you have to use public transport or taxi to get to the nearest airport, bus station or railway station, you must keep at least two meters' distance between you and your closest fellow passengers.
- You must make sure to practice good hand and cough hygiene.
- This applies for tourists and people without residence in Norway.

At the airport, there will be personnel from the municipality who can be contacted if problems arise.

You may use your own car to travel out of the country, but it is up to you to check which border crossing points are open.

If you want to leave Norway by air, you must obtain a valid ticket on your own. Airports with direct flights out of Norway are:

- Gardermoen
- Stavanger
- Bergen
- Trondheim
- Tromsø
- Torp

If you become ill or develop symptoms while on your way out of Norway, call the health service for help at Tel. 116 117.

**We emphasise that if you have a fever or respiratory symptoms such as coughing or shortness of breath, you shall remain in isolation, and you may not leave the country.**

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