

# Welcome to Bodø



When entering Norway from abroad you are required to stay in quarantine for up to ten days. Quarantine stays will generally be in a quarantine hotel. You are personally responsible for finding out about the applicable quarantine rules. If the duty of quarantine is breached, the Police will be contacted. The Police will consider criminal prosecution and/or expulsion of foreigners.

The rules on entering Norway and the duty to stay in quarantine are subject to frequent changes. We recommend staying up to date by reading the public websites. You can find general and updated information about the quarantine rules on [www.helsenorge.no/koronavirus/](http://www.helsenorge.no/koronavirus/)

If you have queries, you can contact the National Corona virus helpline on tel: +47 815 55 015

## Your stay in a quarantine hotel

- Bodø Municipality, and where applicable the border control authorities, will tell you which hotel you will be staying in.
- You must wear a facemask until you arrive in your hotel room. A facemask must always be worn when outside your room.
- Before arrival at your allocated hotel, you must ring Reception. The hotel staff will tell you where to report and give you practical advice about your stay.
- You are obliged to register at the hotel on arrival. When you check in, you must give the hotel access to the reference number you received when registering in the entry registration system IRRS ([entrynorway.no](http://entrynorway.no)).
- You may not use the hotel's facilities or common areas while you are in quarantine or isolation.
- While in quarantine you may only leave the hotel if you can avoid close contact with others.
- If you are in isolation, you must avoid all contact with others and stay in your hotel room.
- You will be served with breakfast, lunch, dinner and supper in the hotel. The meals will be placed outside your room. When you have finished eating, please place the utensils outside your room again. Please ring Reception to let them know you have finished. Mealtimes are arranged with Reception.
- You must pay a co-payment for your stay. The co-payment is NOK 500 per day for private individuals and NOK 500 per day for employers. Children under 10 years of age are exempt from co-payment when living in the same room as parents/carers. Children between 10 and 18 years of age will be charged half price, i.e. NOK 250 per day. The co-payment shall be paid to the hotel.
- For queries about your stay at the hotel, ring Reception.

- While you are in entry quarantine you will be contacted by the National centre for control of travellers to Norway, who will give advice and check that travellers to Norway are obeying the quarantine rules. Travellers to Norway will be advised on the testing and quarantine rules by SMS, or possibly by telephone, in various languages.

## Testing for Covid-19

- You must be able to take a test for Covid-19. Depending on factors such as where you come from and the infection rate there, you will have the opportunity to test yourself out of quarantine and the quarantine hotel. All persons in entry quarantine are obliged to take a PCR test 7 days after arrival. You can find the latest information on the rules that apply to you on: <https://www.helsenorge.no/en/coronavirus/>
- Tests are ordered through Reception, [covidtest@bodo.kommune.no](mailto:covidtest@bodo.kommune.no), or by ringing the Corona helpline on +47 75 59 33 10.
- If you have a Norwegian social security number you can order the test yourself using the following link: <https://bodo.kommune.no/korona-telefon-og-korona-testing-covid-19/category3210.html> or use the QR code at the bottom of this information sheet.
- We encourage you to take regular tests during the quarantine period, so that any infection can be detected before it is spread to others.
- Test results arrive 1-3 days after testing. Positive test results are notified by telephone immediately. Negative results can be found on [helsenorge.no](http://helsenorge.no) for persons with a Norwegian social security number. If you do not have a Norwegian social security number you will receive an SMS from Bodø Municipality.

### Medical assistance

- If you have questions about Covid-19, testing or quarantine regulations see [www.helsenorge.no/en/coronavirus/](http://www.helsenorge.no/en/coronavirus/) or ring the Corona helpline on 75 59 33 10 (opening hours Monday to Friday 10.00 - 15.00, Saturday/Sunday 11.00 - 14.00.) Alternatively, you can ring the national Corona virus helpline on + 47 815 55 015.
- If you have airways symptoms such as a temperature, cough or breathing difficulty you must stay in your hotel room and ring the Corona helpline on 75 59 33 10 or Bodø Urgent Care Centre on 116 117
- For emergency medical assistance ring 113.
- If you need other medical assistance ring Bodø Urgent Care Centre on 116 117.

### Interpreting services

- If you need an interpreter, ring Reception. They will contact Bodø Municipality who will arrange an interpreter for you.

### Breaches of quarantine

- There may be security personnel in the hotel who ensure that the quarantine rules are obeyed.
- If quarantine is breached, the Police will be contacted and they will consider criminal prosecution.

### Ending your stay in Norway before quarantine is complete

- If you wish to travel back to your point of departure/home country before the quarantine period is over you may do so, but you must organise and pay for your own travel.
- Before departure you must contact Bodø Municipality on [covid19@bodo.kommune.no](mailto:covid19@bodo.kommune.no) or

tel: 477 12 544 and report that you are ending your stay.

- During departure a facemask shall be worn on public transport, for example buses and taxis.

### Continuing quarantine away from a quarantine hotel

- If you are will be leaving the quarantine hotel to stay in some other suitable place of residence for the remaining part of your entry quarantine period, you must update your travel plan in IRRS ([entrynorway.no](http://entrynorway.no)) before you leave the quarantine hotel.
- 'Suitable place of residence' means a place where it is possible to avoid close contact with others. The place of residence must also have a separate room with TV, Internet, its own bathroom and kitchen or food service arrangements.

### On completion of quarantine

- When you leave the quarantine hotel it is important to continue obeying the general infection protection rules:
  - Good hand and coughing hygiene.
  - Increased distance from people other than your close family - at least one metre.
  - If you experience symptoms of an airways infection, you must stay at home.
- If you develop symptoms of Covid-19 you must take a test.
  - Tests can be ordered via the Corona helpline 75 59 33 10 or on 116 117.
  - Symptoms of Covid-19 may be a cough, temperature, breathing difficulty, reduced sense of taste and smell, headache, listlessness and muscle pains.

### Information about the Corona helpline and Corona testing:

### Telephone numbers and addresses of the hotels

Radisson Blu Bodø: 75 51 90 06 Storgata 2  
Thon Hotel Nordlys: 75 53 19 00 Moloveien 14

