# Information for foreign seafarers

Prior to departure

- Do not travel to Norway if you feel unwell

During the journey

- Take a COVID-19 test at the Norwegian border, even if you have already had a test

- If you experience any symptoms or feel unwell during the journey, go into isolation as soon as possible and notify the captain or agent, who will contact the emergency medical service in Norway (tel. 116 117)

- Travel directly to your destination/ship

- In Norway, it is only permitted to use public transport (aircraft, trains, bus taxis, etc.) to travel to your ship if you wear a facemask. Stay at least 1 metre away from others
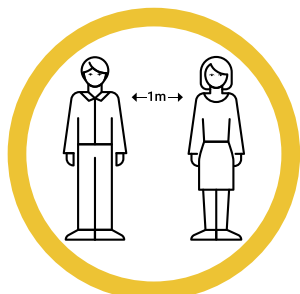
Infection control rules in Norway

- Stay at least 1 metre away from others

- If you feel unwell, contact your captain/shipping agent immediately so that they can contact a doctor. Stay in your room/cabin and follow further instructions

- Wash your hands or use hand disinfection frequently

- Cough and sneeze into a paper handkerchief or use your elbow if necessary