

Local Infection Prevention Rules in Ullensaker Municipality

In Ullensaker municipality, several local infection prevention rules apply. They are implemented in addition to the national rules and recommendations. Where the municipal rules are stricter than the national rules and recommendations, the local rules apply.

The first measures were introduced in November which were then stepped up and then eased somewhat again in early December. It is the infection situation in the municipality that determines which local rules shall apply. The rules are enacted by elected representatives of Ullensaker municipality.

The purpose of the measures is that people stay at home as much as possible, gather as less as possible and avoid situations where the virus can spread. The national healthcare authorities have emphasized that there is a high probability of infection in public places where many people gather indoors. At the same time, it is important to protect children and youth as much as possible.

The rules that apply in Ullensaker must be followed by both private persons and businesses.

Even though we follow these rules, we must stick to the good habits we now know so well: washing hands, staying home when we are ill and keeping at least 1 meter distance to anyone except your household members.

The rules do not apply to places which are not mentioned.

The rules described here apply from 4 December 2020 until further notice.

Below you can find answers to some frequently asked questions.

We have to wear face masks:

- in public places in- and outside, such as shops, worship buildings, shopping malls, and premises for cultural, sports and leisure activities. The face mask can be removed when sitting still at an assigned place.
- in public transport, in taxis, in queue and station areas and at Oslo Airport. Taxi drivers must also wear a face mask when driving passengers.
- in pubs/restaurants/cafeterias when not sitting at a table.
- Exempted are: children below secondary school-age, those who cannot wear a face mask due to medical reasons; employees who have other infection control measures, such as a visor or a separating shield, and those who do a physical activity and keep at least two meters distance from each other.
- You must bring your own face mask. They can be bought in pharmacies, shops or online. Both disposable and reusable fabric masks are ok, but please make sure that the masks have a documented effect.

Private gatherings:

- We can be maximum 10 persons, except when all are from the same household. More than 10 persons can gather if they live in the same house.

- we must always keep a 1 meter distance from those we do not live with.
- we cannot rent indoor or outdoor places such as village houses or the like to have private gatherings.
- we can have a private gathering with 20 or fewer participants in a pub/restaurant/cafeteria, in the parts of the premises that are kept open for other guests. This means that up to 20 people can book a table at a restaurant or a hotel and gather, for example, for a memorial service or a Christmas dinner.
- In the period from 18 December 2020 to 3 January 2021, an exception is made from the ban on not having more than 10 people present at a private gathering. During this time, each household can twice arrange a private gathering with up to 10 guests from other households. The prerequisite is that everyone present can keep 1 meter distance from each other. We can thus invite up to 10 guests on Christmas Eve and New Year's Eve or two other days during this period, as long as there is room for everyone present to keep a distance of 1 meter from each other.

Organized events:

- Professional organizers can invite to indoor events according to current national rules. This means a maximum of 50 participants at public events without fixed seats and a maximum of 200 participants at public events with fixed seats indoors.
- Outdoor events can be held with up to 200 participants.
- You shall wear a face mask which can be removed when sitting still at an assigned place.
- The organizer shall ensure that everyone present is able to keep at least 1 meter distance measured from shoulder to shoulder to others who are not in the same household, even when there are fixed seats.

Physical and cultural activities under the auspices of voluntary organizations:

- Children and youth sports as well as cultural activities for children and youth can arrange practices and rehearsals.
- Children and youth sports and cultural activities for children and youth cannot arrange or participate in matches, cups, tournaments or competitions, nor in other municipalities.
- Cultural, sports and other activities with close contact under the auspices of voluntary organizations are not allowed for adults either out- or indoors, unless a 2 meters distance is kept.
- It is not allowed to arrange or participate in grassroots sports matches, cups, tournaments or competitions for adults or cultural events for adults under the auspices of voluntary organizations. Therefore we cannot arrange football cups or dance competitions for adults under the auspices of voluntary organizations.
- When doing outdoor physical activities at gyms and similar places, there should be a distance of 2 meters between athletes.
- Only people living in Ullensaker municipality are allowed to attend the municipal fitness centers.

In pubs/restaurants/cafeterias:

- guests will not be let in after 10:00 p.m.
- the last sale of alcohol shall be done no later than 12:00 midnight and consumption of alcohol shall cease no later than 12:30 a.m.
- you shall wear a face mask when not sitting at a table.

- you must keep a 1 meter distance to anyone except your household members.
- employees shall wear face masks when staying in areas where guests have access.

When we are at work...

- employees with tasks that do not require physical attendance throughout the workweek or on some days shall work from home.
- employers shall be able to document that a notice of how this will be implemented by the company has been given to employees.

When we travel...

- we should preferably avoid using public transport.
- when using public transport, we shall be particularly focused on following the current national and local infection prevention rules and guidelines, and pay a special attention to fellow travelers.
- we shall wear a face mask in public transport, in taxis and taxi queues, at station areas and airports. Taxi drivers shall wear a face mask when they have passengers in the car.

Frequently Asked Questions

How long do these measures apply?

The measures apply from 4 December until further notice. We encourage everyone to follow the municipality's website and the [Facebook-page](#).

Should we still keep a 1 meter distance when using a face mask?

Yes, you should always keep at least a 1 meter distance to anyone except your household members. This also applies when you wear a face mask.

In what situations shall I wear a face mask?

- when taking a bus, taxi, train or plane.
- in all public areas at a train station, bus station and airport.
- In shops. Customers shall always wear a face mask. Employees shall wear a face mask when moving around the venue and at the checkout, if no other protection against infection has been installed, such as plexiglass shields or the like.
- In public areas of shopping centers.
- In public areas of hotels, both guests and employees.
- In public areas of fitness centers, from a locker room and all the way to the exercise equipment. You can take the face mask off while exercising and put it on again as you move around the room.
- In all contexts as a trainer or an athlete in sports facilities (public areas, corridors, locker rooms, grandstands, gyms, courts, etc.), except when you are actively exercising.
- In all contexts on the way into and in worship buildings, such as churches and mosques, except when you stand still with at least 1 meter distance measured from shoulder to shoulder to others. In a funeral procession on the way to burial, near the grave and on the way back, you shall wear a face mask.
- In all contexts as a spectator in cinema and theater, except when you are sitting on your seat with at least 1 meter distance measured from shoulder to shoulder to others.
- In all contexts as a spectator in the sports arena and other facilities for sports and culture, except when you are sitting on your seat with at least 1 meter distance measured from shoulder to shoulder to others.
- In all contexts in restaurants, pubs, cafes, restaurants, canteens, fairs and other food and drink venues, except when you are sitting at the table to eat and drink.
- Ansatte på serveringssteder skal bruke munnbind i alle områder der gjester har adgang. Employees at pubs/restaurants/cafeterias shall wear face masks in all areas where guests have access.
- Not in canteens in private companies that are closed for the public.
- Not in private homes.

What is the proper way to wear a face mask?

Here you will find the recommendations of the Norwegian healthcare authorities on the correct use of face masks: <https://www.helsenorge.no/koronavirus/munnbind>

Do you have to wear a face mask in the classroom in secondary and high schools?

The mandatory use of face masks that has now been introduced applies to public transport, shops, public areas in shopping centers and worship buildings. For schools, separate national infection prevention guidelines apply, and the use of face masks is not recommended there at the moment.

Will anyone check if the rules are followed? Do I risk getting a fine if I forget to put a face mask on when I enter a shop?

These rules are injunctions and prohibitions, and they shall be followed. The police shall control and impose sanctions. The police will point out if they see that rules are not being followed, and will consider whether sanctions such as fines or expulsion are to be imposed. Restaurants with a liquor license will be regularly inspected, including for following the infection prevention rules.

Do school students have to wear face masks on school transport?

Secondary and high school students shall wear face masks on public transport. This includes school transport.

Does the ban on not having more than 10 people also apply to children in the same cohort?

Yes.

Do parents have to wear face masks when picking up and dropping off their children in kindergartens and day care?

National infection prevention rules apply to kindergartens and schools. The use of a face mask is not recommended in such situations. The most important thing is to keep a proper distance and follow the recommendations given by a kindergarten or a school.

Will the municipality empty rubbish bins more often now when they will quickly be filled up with disposable face masks?

The municipality will empty rubbish more frequently from now on. However, many of the rubbish bins in the municipality are not municipal, but belong to shops, shopping malls, Ruter AS and the Norwegian Public Roads Administration.

Do all have to buy face mask by themselves? Can you get a face mask for free anywhere?

All private persons shall buy face masks by themselves. Both disposable and reusable fabric masks that meet the protection requirements are ok.

The volunteer center distributes face masks to those who do not have the opportunity to pay for them for their own use, from Monday to Friday between 08:00 a.m. to 2:00 p.m. at the Volunteers House (Frivillighetens hus) at Sveavegen str. 36 in Jessheim.

Vil skoleelever få tilgang på gratis munnbind?

Foresatte må stå for munnbind til elever i ungdomsskolen og videregående.

Frivilligsentralen deler ut munnbind til dem som ikke har mulighet til å betale for munnbind til eget bruk, mandag-fredag 08.00-14.00 på Frivillighetens hus, Sveavegen 36 på Jessheim.

Are colleagues considered social contacts which we can only have 10 of during a week?

Social contacts are referred to those whom you meet privately, not in a work context. Those who can work from home should do so in order to limit the number of contacts.

What is meant by fixed seats?

[The Norwegian Directorate of Health](#) has given the following definition of fixed seats::

- Fixed seats shall be understood as individual seats mounted in such a way that cannot be hooked apart and moved.
- It shall not be possible to tape, tie or attach otherwise loose chairs to meet the requirement for fixed seats.
- Benches are not considered fixed seats, even if they are fixed, as benches are not individual seats and you can move on a bench. This means that benches in churches, sports halls, etc., will not be considered as fixed seats.