

Local Infection Prevention Rules

In recent weeks, too many people in Ullensaker have been infected with covid-19. The municipal council in Ullensaker has adopted a set of local infection prevention rules that are believed to be needed to reduce the spread of covid-19 in the community and avoid a critical situation. On 10 November, the first local infection prevention measures were introduced. On November 19, they were enhanced. The measures will last until 3 December.

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 keep at least 1 meter distance to anyone except your household members.

These local rules are implemented in addition to the national infection prevention rules, recommendations and infection prevention guidelines for different sectors. The rules do not apply to places which are not mentioned.

If you have questions, you can send them to us as a direct message on [Facebook](#), call the switchboard on 66 10 80 00 or send them to postmottak@ullensaker.kommune.no.

Now we have to wear face masks:

- in public places in- and outside, such as shops, worship buildings and shopping malls.
- 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, stores or online. Both disposable and reusable fabric masks are ok, but please make sure that the masks have a documented effect.
- [Here you will find advice on using face masks.](#)

When we participate in private events:

- We can be maximum 10 persons, except when all are from the same household.
- We must limit all social contacts during a week to a maximum of 10 people.
- We cannot meet anywhere other than private homes.
- We must still keep a 1 meter distance.
- Exceptions: private gatherings where all guests present are from the same household and events as defined here in the covid-19 regulations and which follow other local infection prevention rules.

Indoor events are not allowed:

- It is not allowed to hold events indoors. Please see the definition of event in the covid-19 regulations.
- Exceptions apply to funerals and burials with a maximum of 50 participants who keep at least 1 meter distance from everyone outside their own household, matches, competitions, performances and similar events without the audience where professional actors participate, weddings, baptisms and similar rituals without spectators.
- Outdoor events can be held with up to 200 participants. All participants must keep at least 1 meter away from anyone except their household members.

Premises for cultural, entertainment or leisure activities must be closed:

- Public places and businesses where cultural, entertainment or leisure activities gathering people indoors take place must be closed. This includes but is not limited to gyms, museums, cinemas, theaters, concert venues and similar cultural and entertainment venues, bingo, bowling halls and gaming halls, playground/swimming pools, spa facilities and hotel pools.
- Exceptions are the activities for children and youth under the age of 20, leisure clubs, libraries, worship buildings, galleries and art outlets, top-level and professional sports venues, school swimming pools, swimming activities for children and youth under the age of 20 and for professional athletes, rehabilitation venues for individuals and small groups, and for individual treatment with appointment booking.

In pubs/restaurants/caferterias:

- it is not allowed to serve alcohol.
- we must keep a 1 meter distance and wear a face mask when not sitting at a table.

When we are at work...

- Employees that do not do tasks requiring physical presence on all or some of the working days must work from home.
- Employers must be able to document that the information on how this shall be done by the company has been given to employees.

When we travel...

- We should avoid using public transport unless it is absolutely necessary. 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.
- Shall wear a face mask in public transport, in taxis and taxi queues, at station areas and airports. The instruction also applies to taxi drivers with passengers in the car. The instruction to wear a face mask does not apply to children under the secondary school age, or persons who for medical or other reasons cannot wear a face mask.

Physical and cultural activities:

- Organized grassroots indoor sports for adults are prohibited.
- It is not allowed to arrange or participate in grassroots sports competitions, matches, cups and tournaments for adults.
- When doing outdoor physical activities for adults, please keep a distance of at least 2 meters between the athletes.
- It is not allowed to arrange organized indoor cultural activities for adults.

- It is not allowed to arrange or participate in sports competitions, matches, cups and tournaments or other activities for children and youth, neither in Ullensaker nor in other municipalities.
- Children and youth sports as well as cultural activities for children and youth can continue to organize practices.