

Restrictions are in place to avoid the spread of COVID-19. Follow the advice of local authorities.

Travel between regions within Namibia is permitted, with no permits required.

If travelling as a tourist, you should carry the following with you:

- Passport

If you go out in public, you'll be required to wear a face mask at all times.

There are restrictions on the sale and consumption of alcohol. The sale and onsite consumption of food at restaurants and catering establishments is permitted. Indoor and outdoor swimming pools and playgrounds are open.

If you don't follow the Namibian COVID-19 government regulations you may be subject to legal process, including fines.

- Follow the advice of local authorities.
- Take care to protect yourself from exposure to COVID-19.
- Ensure you have arrangements in place for an extended stay.
- Keep in contact with family and friends so they know you're safe and well.

Before arriving:

- All travellers are required to present a negative COVID-19 test certificate upon arrival. The test must be a Real Time Polymerase Chain Reaction (RT-PCR) test, with the sample collected within **72 hours** of arriving into Namibia.
- All Travellers must complete a [Traveller Health Questionnaire](#) before arriving or on arrival.

On arrival:

- Presentation of Covid-19 PCR negative certificate and the Travel Health Questionnaire.
- Temperature & health screening.

PCR Testing:

- PCR Testing can be done in Windhoek where test results can be emailed within 48 hours.
- There is a rapid testing facility in Windhoek which will return results in approximately 5 hours, though at a much higher cost. This will allow for a quicker departure from Windhoek to return home however.
- Allow 48 to 72 hours prior to departure in order to guarantee the results are back in time.

For departure:

- There is no specific requirement for exit of Namibia, however it is likely your home country or next travel country will require a test. In addition, many airlines also require testing and you should consult their websites for the requirements.

Private hospital with Emergency Departments:

Lady Pohamba Private Hospital: +264 833 911 / +264 83 335 9000 (Dr. on Call)

Roman Catholic Hospital: +264 61 270 2911 (Dr. on Call)

Medi-Clinic Hospital: +264 61 22 9246/ +264 61 433 1000 (Dr. on Call)