



Instructions for persons under quarantine related to 2019-nCoV

Quarantine may be used for two distinct reasons:

1. Persons who are well but may be incubating the illness after close contact with a person with 2019-nCoV infection.
2. Persons who are ill with suspected or confirmed 2019-nCoV infection who are not seriously ill and do not need to be hospitalized.

Regardless of the reason for quarantine, the key for successful interruption of disease spread is to limit interactions with other people. The authority of the chief epidemiologist to implement quarantine procedures is laid out in article 12 of the [Act on Health Security and Communicable Diseases](#). All material needs must be taken care of during the quarantine, the authorities in each area will make the necessary arrangements when quarantine is initiated.

Quarantine for the exposed but well:

The authorities in Iceland will require quarantine for individuals who have been in close contact with patients with novel coronavirus 2019-nCoV. As many other causes of respiratory infections are circulating at this time of year, it is important to note that such measures are only appropriate if the answer to any of the [screening questions](#) is yes.

For home quarantine for the exposed but well:

- A health care worker will provide detailed information about the transmission and symptoms of 2019-nCoV infection. Such information is also available on the [website for the directorate of health](#).
- A person under quarantine should stay in the domicile and have contact with as few people as possible.
- A family/group who shares the same exposure can be quarantined together.
- Family and household members who do not share the original exposure should limit contact with the person under quarantine as much as feasible. The person under quarantine should have access to toilet facilities for their use only and should sleep in a separate room from others, or a separate bed if another room is not available. If the person under quarantine becomes ill, other household members will need to be quarantined themselves.
- [Routine hygiene measures](#) are helpful to decrease the risk of spread of the infection.
- The person under quarantine must measure and record their body temperature daily.
- If a person under quarantine develops symptoms of 2019-nCoV they should contact 1700 (on an Icelandic line) or +354 544 4113 (from any phone) for further guidance.
- If a person under quarantine becomes suddenly seriously ill requiring transfer to hospital by ambulance, when calling 112 the possibility of 2019-nCoV infection must be made clear.
- The duration of quarantine of the exposed but well is 14 days from the last exposure or until symptoms occur, in which case please continue to read.

Quarantine for unwell with suspected or confirmed 2019-nCoV infection:

Persons with suspected or confirmed 2019-nCoV infections who do not require hospital-level care but do not have a home in Iceland should be quarantined in a location determined by the local authorities where they present for care.

For community quarantine for the exposed but well:

- A health care worker will provide detailed information about the transmission and symptoms of 2019-nCoV infection. Such information is also available on the [website for the directorate of health](#).
- A person under quarantine should stay in the domicile and have contact with as few people as possible. When contact is unavoidable the person under quarantine should pay close attention to hand hygiene and wear a face mask if they are coughing or sneezing frequently. If a face mask is not available, covering the face with a paper towel or tissue when coughing or sneezing is important. The tissue should be discarded into a plastic bag immediately after use and hands cleaned thoroughly.
- Ideally quarantine is on an individual basis. A family/group who shares the same exposure can be quarantined together. Family members who are well should limit contact with the person with symptoms as much as feasible. They should stay beyond 1 m distance from the patient as much as possible.
- Windows in shared spaces should be kept open.
- Shared spaces and contact surfaces should be cleaned thoroughly, such as the handle of the refrigerator, light switches and doorknobs.
- The patient should have access to toilet facilities for their use only and should sleep in a separate room from others, or a separate bed if another room is not available.
- [Routine hygiene measures](#) are helpful to decrease the risk of spread of the infection.
- Tissues used by the patient for covering or wiping the face should be disposed of in a plastic bag which can then be discarded in the general trash receptacles.
- Hand sanitizer should be accessible in the patient's environment.
- If the patient requires assistance or care the same person should provide it for the duration of illness.
- Avoid direct contact with secretions (mucus, vomit, stool etc). Keep single use gloves handy for use if contact with secretions is unavoidable.
- Wash hands or use hand sanitizer after contact with the patient or his environment.
- A contact from the local health care services should be in daily contact with the patient by phone or visit for the duration of the quarantine.
- The patient must measure and record their body temperature daily.
- If a patient develops worsening symptoms they should get in touch with their health care contact or call 1700 (on an Icelandic line) or +354 544 4113 (from any phone) for further guidance.
- If a patient under quarantine becomes suddenly seriously ill requiring transfer to hospital by ambulance, when calling 112 the suspicion of or confirmed 2019-nCoV infection must be made clear.
- Quarantine for 2019-nCoV illness will last until 10 days after the fever resolves.