



Instructions for persons under home-based quarantine

Quarantine is used when a person is possibly infected with a disease but is not yet symptomatic. **Isolation** applies to patients with symptoms of infectious disease.

The Chief Epidemiologist is authorized to take such measures according to article 12 of the [Act on Health Security and Communicable Diseases](#)

Quarantine:

As of March 19, 2020, all residents of Iceland that enter the country are obligated to go into 14 days of quarantine, regardless of where they are arriving from. Same applies to those who have been in contact with a COVID-19 infected individual.

Individuals can register themselves in quarantine through [Heilsuvera.is](https://heilsuvera.is) and the information will go directly into a central database with Chief Epidemiologist and the Department of Civil Protection. Otherwise they are asked to register by phone with their primary health care center.

At onset of home-based quarantine, the following should be reviewed with the person concerned:

- A healthcare professional provides detailed information on infection pathways and symptoms of the COVID-19 infection. The information can also be found on the website of the [Directorate of Health](#).
 - Contact and droplet contamination spread the disease. This means that there is risk of spreading the virus when an infected person sneezes, coughs or blows their nose, and a healthy person inhales these droplets or they land on their hands and they then touch their eyes, nose or mouth. Quarantined individuals need to pay special attention to hand hygiene,.
- A person under quarantine should stay in their home and have contact with as few people as possible.
 - Quarantined individual **must not** leave their home unless necessary, e.g. to seek necessary health care services, after consulting with a primary care clinic/1700 (+354 544 4113) / 112. Routine medical or dental check-ups, attending physiotherapy or visits to specialists that are not related to the COVID-19 illness are not considered essential health care while in quarantine and all such services should be rescheduled. **If illness (COVID-19 or other) or an accident occurs while in quarantine and medical attention is required, the person who contacts the primary care clinic, 1700 (+354 544 4113) or 112 should notify the responder of the quarantine. This allows the responder to arrange the necessary precautions for the medical staff involved in providing care, but should NOT delay or inhibit access to necessary healthcare.**
 - Quarantined individual must not use public transport but they [may use taxis](#). See question about transport from Keflavik Airport. If she/he needs to seek

necessary health care services, she/he may also use a private car if she/he, or someone that is also quarantined in his household, are able to drive, otherwise ambulance assistance should be obtained by calling 1700 (+354 544 4113)/112.

- Quarantined individual must not attend school or work where others attend. **A medical certificate from a primary care clinic might be needed. Employers have been instructed to be considerate if an employee needs to be quarantined.**
 - Quarantined individual **must not** attend any gatherings, for work, family or social life. For example, work meetings or gatherings, union meetings, confirmations, funerals, home-based social gatherings, choir rehearsal, concerts, etc.
 - Quarantined individuals **must not** visit fitness centers, swimming pools, theaters, cinemas, shopping malls, or other places where people come together.
 - Quarantined individuals **must not** themselves go out for supplies, i.e. to the pharmacy, the grocery store, the post office, bank, etc.
 - Quarantined individuals **must not** stay in shared condominium space, i.e. stairwell, laundry rooms, or shared yards/outdoor areas.
 - Quarantined individuals **may not** welcome guests in the home during quarantine.
 - Children whose parents are in quarantine **can** attend school and they can leave the house but they cannot have guests over.
 - Individual in quarantine **can** use shared condominium stairwells and entrances (e.g. on their way in and out from a walk) but they **cannot** stay there and they need to keep at least 2 m distance from others. Preferably an individual in quarantine should use the stairs rather than an elevator but if he/she needs to use the elevator then he/she should not share the elevator with others.
 - Quarantined individuals **can** go out to a balcony or a private garden. If there are other people there, the quarantined individual must keep at least 2 m distance.
 - Quarantined individuals **can** go for a walk but need to keep at least 2 m distance from other pedestrians.
 - Quarantined individual **can** go for a drive using a private car but must not interact with others in close proximity, e.g. at drive-thru restaurants.
 - Quarantined individual **can** take out domestic trash, but needs to consider hygiene, such as handwashing before and after opening the garbage chute/trashcan/trash room and preferably wipe common surfaces such as handles, handrails, elevator buttons with 70% alcohol or other disinfectants after contact.
- It is preferred that individuals in the household that have not been exposed not be in the same place as the quarantined person. However, others exposed in the same household at the same time can be quarantined together in the same place.

- If non-exposed individuals do not want to leave the household they should limit contact with the quarantined person as much as possible (at least the quarantined person should have her/his own bathroom, sleep in a private bedroom or at least a separate bed). **If the quarantined individual then falls ill, the other household members must be quarantined.**
- Contact with other people must be strictly limited. Therefore, a quarantined individual may need assistance with necessities.
 - **If some members** of the household are quarantined, other household members can continue with their daily tasks and provide necessities for the quarantined individual.
 - If the **whole** household is quarantined, friends or relatives can assist with necessities and leave at the front door.
 - If delivery of food and other necessities is available in the area, this service can be utilized during quarantine.
 - If needed, the Red Cross can be contacted regarding necessities. Anyone that is quarantined in Iceland can contact the Red Cross helpline at 1717 (+354 580 1710 for foreign numbers) or online at www.1717.is. There you can ask for assistance, get support or information and talk to someone in confidence. The helpline is open 24/7 and is free of charge.
- It is important to practice routine hygiene measures to reduce the risk of infection (see guidelines on [hand hygiene](#) and infection prevention on the Directorate of Health's website).
- Quarantined individual should measure and record his/her body temperature daily.
- If a quarantined individual becomes symptomatic with COVID-19, she/he should contact Laeknavaktin-on call doctors- by phone at 1700 (+354 544 4113 for foreign numbers) for further guidance.
 - Respiratory symptoms, especially cough and difficulty breathing, are the main symptoms of COVID-19 along with fever. Weakness and musculoskeletal pain can be the first symptoms, with or without fever. Common cold symptoms (runny nose etc.) and sore throat are less common. Gastrointestinal symptoms are rare in COVID-19 but do occur.
- If a quarantined individual suffers from an acute illness and needs ambulance transport to hospital, the 112 dispatcher should be notified of a possible COVID-19 infection.

Quarantine because of the COVID-19 is 14 days from last possible exposure/transmission or until symptoms appear, but if symptoms appear and an infection is confirmed by laboratory testing please follow instructions regarding isolation.