



**NATIONAL COMMISSIONER OF THE
ICELANDIC POLICE**
DEPARTMENT OF CIVIL PROTECTION
AND EMERGENCY MANAGEMENT



Applies to: The media, almannavarnir.is, Administration and Chief Epidemiologist's contacts.

STATUS REPORT

Date: 22.04.2020

Time: 16:30

Location: Coordination Centre / Directorate of Health /Chief Epidemiologist

Emergency / Distress Phase: COVID-19

Developments

The civil protection authorities' Coordination Centre coordinates all action and disseminates information regarding COVID-19 all over the country.

Dissemination of information, making of instructions and advice to the public, to institutions and enterprises. All instructions can be found on the [Directorate of Health](#) website, the [National Commissioner of the Icelandic Police](#) website and the [covid.is](#) information website.

Amended rules on quarantine and the introduction of border checks at the internal borders

[The Minister of Health](#) has, in line with the recommendation of the Chief Epidemiologist, amended the quarantine rules. Under the new rules, every person entering the country will be required to undergo quarantine for 14 days, starting on arrival. At the same time, temporary border checks will be introduced at the internal borders. The rules enter into force on Friday 24 April and will remain in force at least until 15 May. The quarantine requirement applies to the arrival of people from countries that the Chief Epidemiologist defines as high-risk areas, which currently applies to all countries. Regular re-evaluations will be made to check whether the status of any countries has changed.

In order to enforce the amended quarantine rules, it is necessary to introduce temporary border checks at the internal borders of the Schengen Area in line with the Act on Foreigners and the Regulation on Cross-border Movements. All carriers transporting passengers into the country will be required to fill in a Public Health Passenger Locator form or a comparable form and all passengers will be required to present such a form during border checks.

In its meeting yesterday, the government agreed to set up an interministerial working group, led by the Prime Minister's Office, that will discuss the possible next steps regarding international travel. Decisions on what will happen next depend on the development of the epidemic locally and abroad and will take into consideration the policies of other countries.

Relaxed rules on visitation restrictions and other disease prevention measures due to COVID-19

As of 4 May, the rules banning all nursing home visitations will be relaxed. Each nursing home will adapt the number of visitations to its circumstances (e.g. the size of the home, the situation in the home at any given time and the number of confirmed infections within the local community). Visits to nursing homes will be permitted as of 4 May 2020, under rules set by each home, but it is recommended that only the closest family member be allowed to visit during the first two weeks after the rules are relaxed, possibly longer, as the case may be.

The number of visitations each week must be limited, since infections can be carried into the homes by visitors. The general rule is that in May 2020, no children and young people (under 14) should be allowed to visit, but hopefully the rules on visitations can be relaxed further in June 2020. Further information on this relaxing of the rules can be found at the Directorate of Health website.

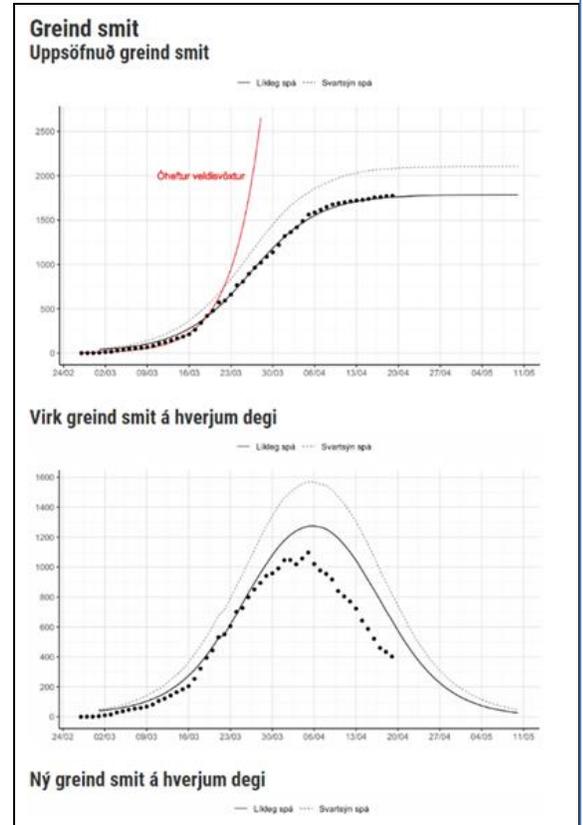
Statistical information for Iceland

The number of people in Iceland with confirmed infections is currently 1,785; there are 313 in isolation; 1,462 have recovered. There are a total of 1,442 domestic infections and 4 of unknown origin. A total of 44,468 samples have been taken, including 637 in the last 24 hours. 10 of the people diagnosed with COVID-19 in Iceland have passed away.

[According to the National University Hospital](#) there are currently 13 patients in the hospital with COVID-19, of which 4 are in intensive care and 3 on respirators. 297 are being monitored by the COVID-19 outpatient unit, including 24 children who are being monitored by the Children's Hospital. 1542 individuals have recovered and 88 individuals have been discharged from the hospital.

Predictive model for the number of cases and pressure on health-care services, 20.02.2020

- It is estimated that during this wave of the epidemic, just over 1800 people in Iceland will be diagnosed with COVID-19, but a more pessimistic prediction puts that number closer to 2100.
- The number of diagnosed individuals with an active infection is expected to peak in the first week of April and will likely be around 1300, but might peak a week later with 1600 sick individuals according to the more pessimistic prediction.
- It is estimated that during this wave of the epidemic, some 120 persons may need to be admitted to hospital, but that number might go as high as 140.
- The peak pressure on the health-care services due to hospitalisations is expected to take place before mid-April, when around 60 persons might be in hospital at the same time, with a more pessimistic prediction of 90 individuals.
- The prediction is that during the epidemic, around 24 persons may become seriously ill, i.e. will need to be admitted to intensive care during that period. A more pessimistic prediction puts that number at 36 individuals.
- The peak pressure on the intensive care units might happen in mid-April, when 10 persons are expected to be there at the same time, whereas the pessimistic prediction puts that number at 18.
- A minimal offset in the age distribution towards more diagnosed infections among individuals over the age of sixty would considerably increase the pressure on the health-care service.



[Amended rules regarding limitations on social gatherings as of 4 May](#) See the Ministry of Health's notification and the Chief Epidemiologist's memoranda.

The social gathering number restriction will be 50 individuals instead of the current 20.

The 2-metre distancing rule will remain in place.

- The operation of preschools and primary and lower secondary level schools will return to normal.
- Upper secondary schools and universities will operate under the principle of having no more than 50 individuals in the same space at the same time.
- Various services: Hair salons, massage parlours, physiotherapy facilities, beauty salons, museums and similar services can resume operations, but the 2-metre distance between clients shall be adhered to as much as possible.
- Health-care services: All health-care activities that do not entail elective surgeries or other invasive procedures will be permitted. Dental practices will also be able to resume operations.

Outdoor organised sports activities for children at the preschool and primary and lower secondary level will be permitted with the following restrictions:

- No more than 50 individuals together in one group.

- Keep to the 2-metre rule as much as possible, especially for older children.

Other outdoor organised sports activities are permitted with the following restrictions:

- No more than four individuals are to train or play together.
- Touching is not permitted and the 2-metre distancing between individuals shall be respected.
- The use of shared equipment shall be kept at a minimum, and if used, it shall be disinfected between uses.

Continuing individual disease prevention measures and protection of vulnerable groups

- Hygiene
- Social distancing of 2 metres (except for children) and avoid large groups
- Review of the visitation recommendations for nursing homes

Information sharing and projects

National Commissioner of the Icelandic Police's Department of Civil Protection and Emergency Management COVID-19 press conference, Wednesday 22.04.2020

Participants: Víðir Reynisson, Chief Superintendent of Police; Þórólfur Guðnason, Chief Epidemiologist; Alma D. Möller, Director of Health. Guest: Anna Birna Jensdóttir of the Union of Welfare Service Providers:

Chief Epidemiologist **Þórólfur Guðnason** reviewed today's statistics and the epidemic's status. 7 new infections were diagnosed in the last 24 hours and the total number of infections has risen to 1,785. Of those 7 infections, 3 were diagnosed in individuals who were under quarantine. 4 infections were diagnosed by the National University Hospital's virology unit and 3 by deCODE. All the infections came from the capital area. Some 1,462 individuals have recovered and Dr. Guðnason said that just over 44,000 samples had been diagnosed, which means that 13 % of the nation have been tested. Around 6 % of the nation are or have been under quarantine. The number of infections is rapidly decreasing. Dr. Guðnason believes the epidemic is in a rapid down-swing and says there are very few infections going around, including group infections. The group infections in the West Fjords have been contained. However, we can still expect the number of infections to fluctuate.

Dr. Guðnason drew attention to two notifications that were published recently. One concerns the relaxing of measures on 4 May, which will mainly affect preschool children and children of primary and lower secondary school age. After 4 May, there will be no restrictions for these groups, except as regards general hygiene and disease prevention, and the 2-metre rule will be abolished for these groups. These steps are important for the children, said Dr. Guðnason. COVID-19 infections in children are rare and contact tracing has shown no infections from children to adults here – it is rather the other way around. Dr. Guðnason asked everyone to read this notification closely and added that work is currently under way to create a question-and-answer list for covid.is and the Directorate of Health websites. He asked the public to read this list closely instead of immediately shooting off inquiries to the civil protection authorities.

Dr. Guðnason also drew attention to the notification regarding the amended quarantine rules, which entail that all foreign tourists arriving in the country must now enter into a 14-day quarantine upon arrival. These rules enter into force on Friday, 24 April, and will remain in force until 15 May, when they will be re-evaluated. Applications for exemptions can be sent to the Chief Epidemiologist, but Dr. Guðnason asks anyone considering applying for such an exemption to think it over carefully – there are special exceptions available for the macroeconomically important activities of foreigners arriving in the country, but these will be kept to a minimum.

Anna Birna Jensdóttir of the Union of Welfare Service Providers discussed a plan to partially lift the current ban on visitations to nursing homes. Ms. Jensdóttir thanked the staff of nursing homes, their residents and not least the families for the patience and understanding they have shown in the face of the strict rules on no visitations. However, it is now time to lift the ban. Care must be taken, however, and until 4 May, further work will be carried out to determine the best way to lift the ban. At that time, each individual home will relax the rules according to circumstances in each place. It is recommended to only allow one family member at a time to visit nursing home residents, for the first two weeks at least. Young people aged 14-18 will also be allowed to visit, but not younger children. Messages will be sent to the families today, Wednesday, on how they can reserve a time-slot for visiting, and they will be urged to download the COVID tracing app to their smartphones.

Ms. Jensdóttir stated especially that family members are not allowed to visit unless they have made a reservation. All visits will be spaced in such a way as to ensure equality between the residents and the circumstances will be taken into consideration. Visitors will be escorted to the resident's rooms and back, and there will be no stopping by in the common areas. Family members must be careful and not come to visit if they are ill, under quarantine or in isolation, or if they are waiting for the results of COVID-sampling. Each nursing home's version of the visitation rules should be available after the weekend. The working group that has been working on these recommendations has also recommended relaxing rules for nursing home hair salons, as well as other services: such services will only be available to staff and residents, or outside clients. It is not recommended for the residents of nursing homes to go out for drives or visits, but any necessary travels, such as to seek health-care services, will be permitted.

CS Víðir Reynisson thanked Ms. Jensdóttir and the working group for finding ways to allow visitations to nursing homes. Chief Epidemiologist Þórólfur Guðnason drew attention to the fact that there are now physical training programmes available on national television, in the mornings and afternoons. He also pointed out that the group behind the TV show "Með okkar augum" (e. *Through our eyes*) will present a special COVID-19 episode on national television tonight, and that the association *Á allra vörum* has decided to start a reserve fund to help welfare associations.

Various projects

The Red Cross

The 1717 Red Cross helpline is still under a lot of strain, and the 1717.is net chat too. There has also been a considerable increase in requests for phone friends from all over the country. There are many volunteers and all requests for phone friends have been fulfilled.

There are now fewer people staying in the epidemic nursing units in Reykjavík and Akureyri than there were last week. The Red Cross volunteers all over the country have been very busy giving psychological support and delivering food to people who are under quarantine and in isolation. In the last few days the biggest pressure point has been in the West Fjords.

The website www.covid.is

Statistical information about the disease is updated once a day and published at 13:00h at <https://www.covid.is/data>

The website contains information about the measures that have been taken in Iceland due to the COVID-19 disease and on projects related thereto. The website contains information in nine languages. In the period of 17 March to 15 April, the covid.is pages have been accessed over 7 million times.

Upcoming:

- Press conferences are held every day at 14:03h. 14:03
- The next COVID-19 coordination meeting will be held on Friday 24 April at 9:00h.

Status

Iceland – today's status

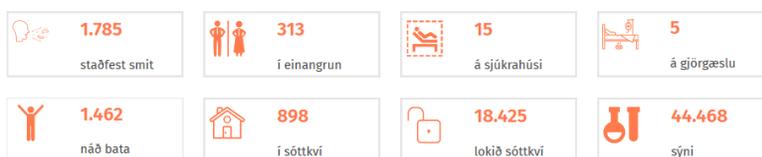


COVID-19 á Íslandi - Tölfræði

- Upplýsingar á síðunni eru sóttar úr gagnagrunni á miðnætti.

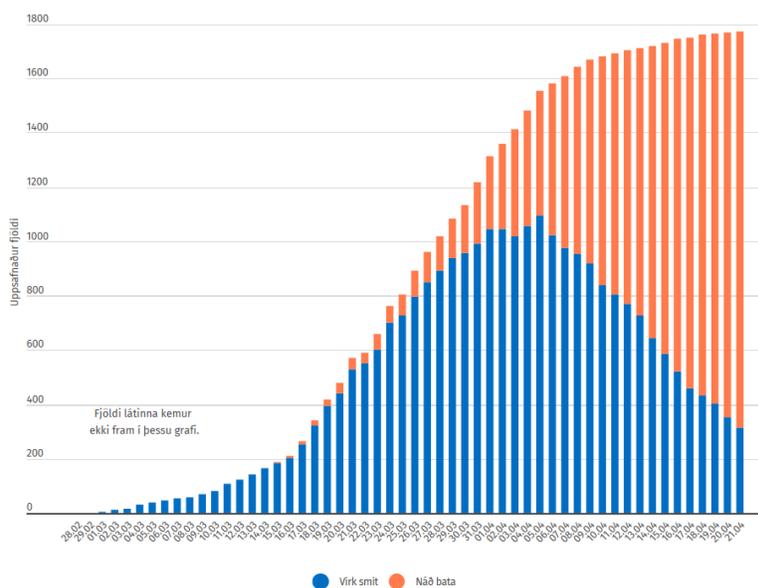
Uppfært daglega kl. 13:00

Heildartölur

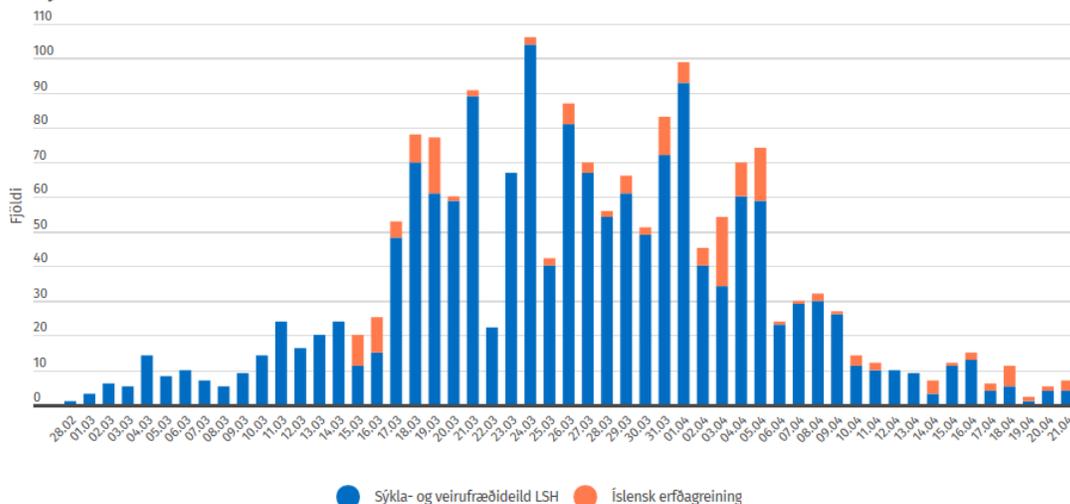


Af þeim sem greinst hafa með COVID-19 á Íslandi eru tíu látin.

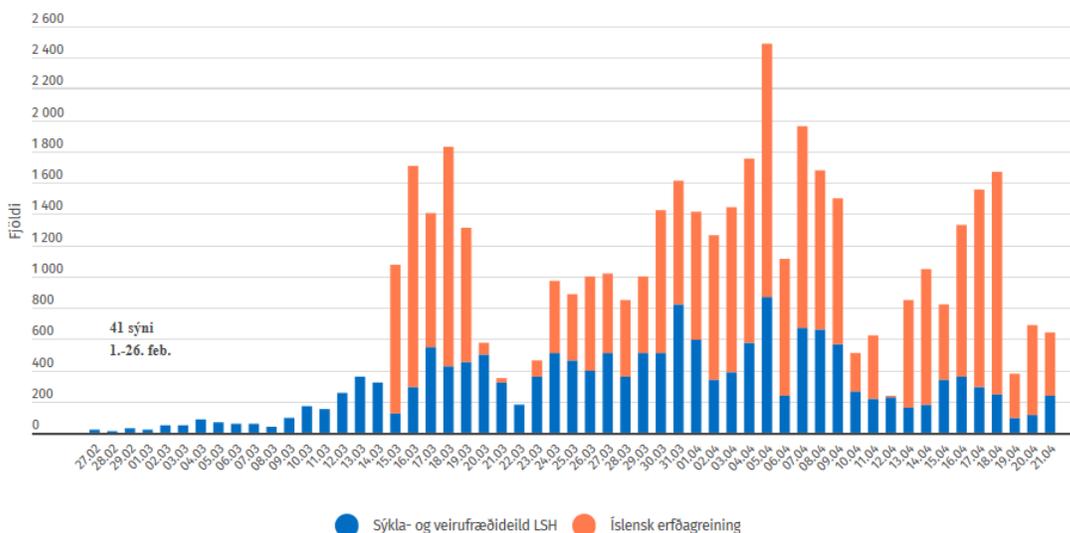
Fjöldi virkra smita og þeirra sem er batnað



Fjöldi smita



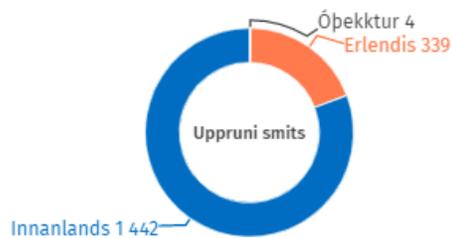
Fjöldi sýna



Fjöldi smita eftir kyni



Uppruni smits



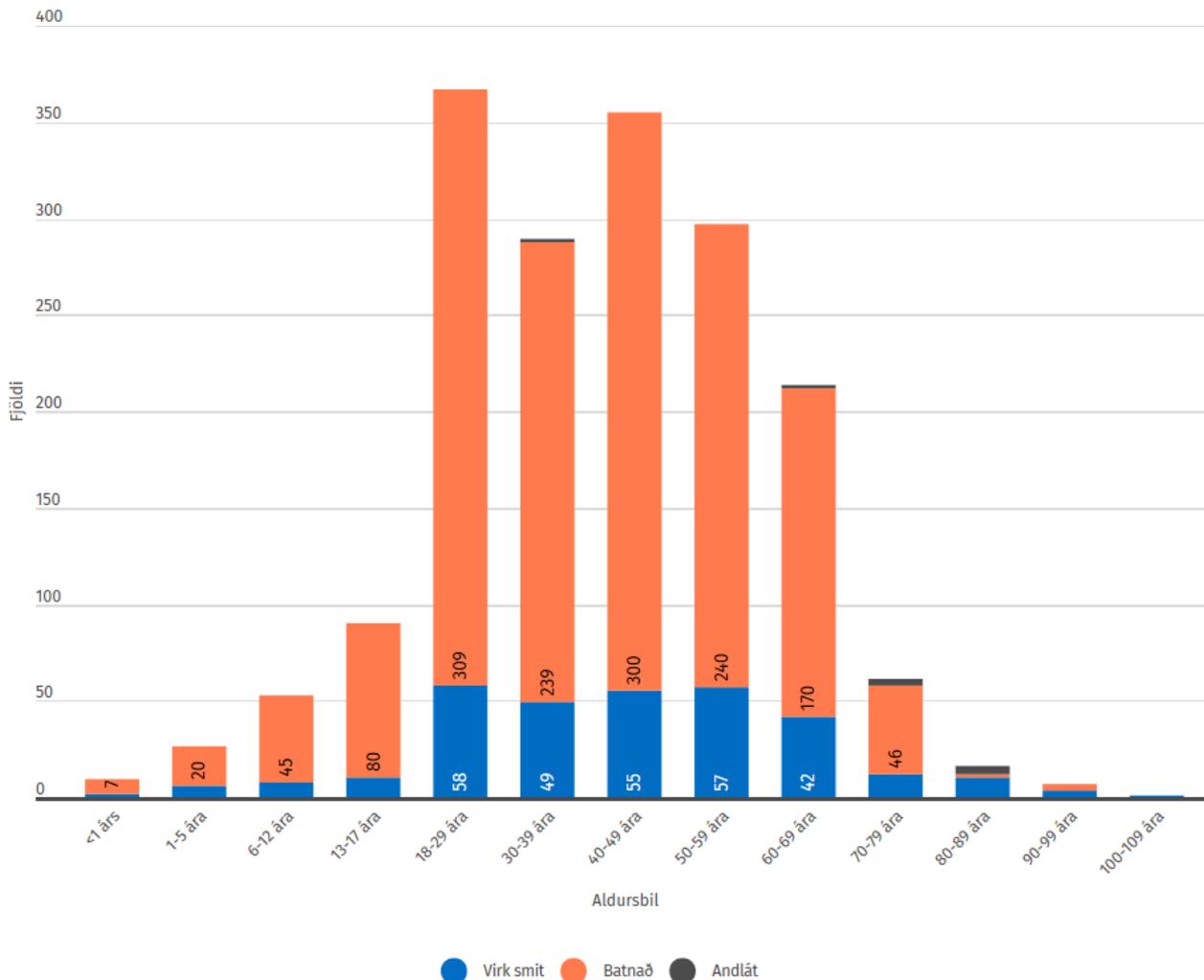
Smit / sóttkví eftir landshlutum



	Smit	Sóttkví
Höfuðborgarsvæðið	1303	550
Suðurnes	77	31
Suðurland	177	67
Austurland	8	21
Norðurland eystra	46	28
Norðurland vestra	35	4
Vestfirðir	94	92
Vesturland	42	27
Óstaðsett	2	78
Útlönd	1	0

[Download data](#)

Fjöldi virkra smita eftir aldri, fjöldi þeirra sem hefur náð sér og andlát



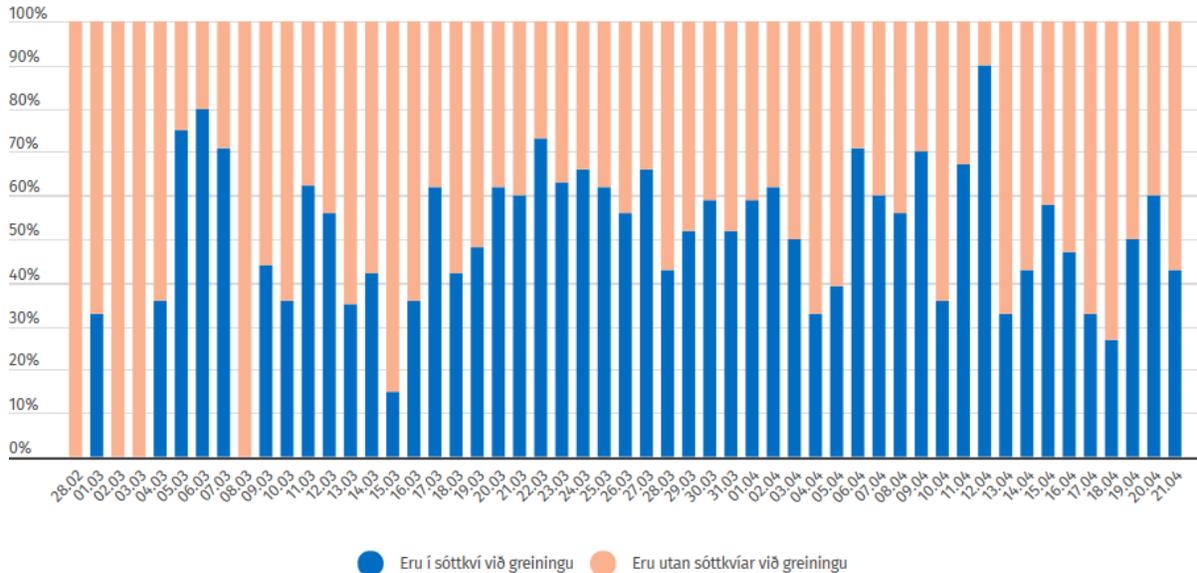
[Download data](#)

Hlutfall smitaðra sem greinast í sóttkví



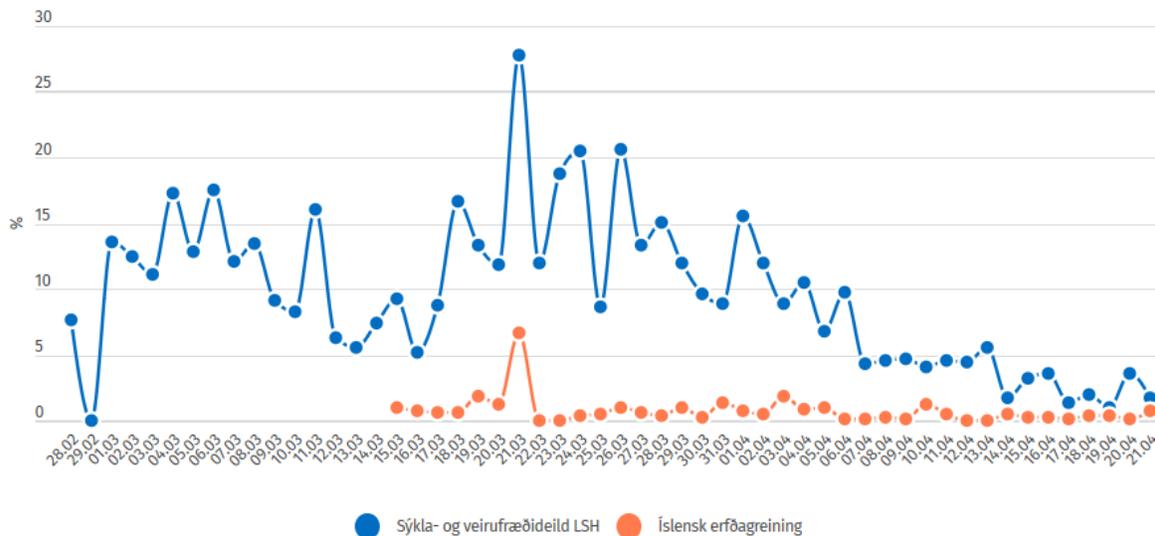
54%

þeirra sem hafa greinst voru í sóttkví



Download data

Hlutfall smita af fjölda sýna



Coronavirus – Global spread

According to Johns Hopkins, **2,593,129 individual cases** of COVID-19 have been confirmed today and **179,725 individuals** have died. An additional **696,948 individuals** have already recovered from the illness. According to the ECDC, the epidemic is currently considered to be a moderate public health threat for healthy individuals and very high threat for older adults and individuals with chronic underlying conditions. Cf. the [European Centre for Disease Prevention and Control \(ECDC\)](https://www.ecdc.europa.eu/en/european-centre-disease-prevention-control) website for information on the development in each country. Cf. the ECDC risk assessment.