



## Procedures for instances of COVID-19 infection

1. Illness. The employee becomes ill, is tested for COVID-19, and is confirmed to be infected.
2. The Contract Tracing Team gets in touch with the infected individual and, as applicable, the person's employer. Questions are asked about conditions in the workplace and about the infected person's interactions with others in a specified section/location.
3. Quarantine period. The Contact Tracing Team specifies the period of time to be used as a reference, based on the following rule: within 24 hours and within 2 metres for a period of more than 15 minutes with the infected person.  
The quarantine period is 14 days from exposure to the disease. The period is assumed to begin 24 hours before the onset of the first symptoms. If there are no symptoms, the period is assumed to begin 24 hours after the sample is taken. *Example:* Person A experiences symptoms on 2 May and is diagnosed with COVID-19 on 4 May. Person A met with person B on 1 May, and they worked together. Person B is placed in quarantine from 1 May onwards.
4. From 14 September 2020 quarantine because of contact with a confirmed case can be shortened from 14 days if a PCR-swab on day 7 is negative (virus not detected).
5. Provisional quarantine during tracing and testing period. In cases of doubt about employees' interactions or contacts, no risks shall be taken, and the relevant sections of the workplace shall be closed temporarily. A provisional quarantine shall be imposed, usually until the path of contagion has been traced or the test results received.

It is important to emphasise that employees should stay home and not go to work if they begin to experience symptoms. The key symptoms of COVID-19 are similar to conventional flu symptoms: fever, cough, difficulty breathing, muscle and body aches, and fatigue. Digestive symptoms (abdominal pain, nausea/vomiting, diarrhea) are not common symptoms of COVID-19, but they are reported.

If you or anyone in your family experiences any of the above-mentioned symptoms, we urge you to contact your community healthcare centre, use the online chat function on [heilsuvera.is](https://heilsuvera.is) or call 1700 and report your symptoms.

Individuals must enter quarantine if they:

- Have interacted with people who are then diagnosed with COVID-19.
- Have been travelling in designated high-risk areas.

We also wish to point out the guidelines for front-line workers, which can be found here: [https://www.landlaeknir.is/servlet/file/store93/item38919/Lei%C3%B0beiningarframl%C3%ADnustar fsmenn%2010032020\\_KSJ-IM.pdf](https://www.landlaeknir.is/servlet/file/store93/item38919/Lei%C3%B0beiningarframl%C3%ADnustar fsmenn%2010032020_KSJ-IM.pdf)

The guidelines can be found in other languages here:

<https://www.landlaeknir.is/koronaveira/english/>

Guidelines on what quarantine entails can be found on the Directorate of Health website [landlaeknir.is](http://landlaeknir.is) and on the COVID-19 information website: [www.covid.is](http://www.covid.is).