



**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: 04.05.2020	Time: 16:15	Location: Civil Protection Coordination Centre / Directorate of Health / Chief Epidemiologist
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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.

Statistics for Iceland One infection was diagnosed in Iceland in the last 24 hours. The number of people in Iceland with confirmed infections is currently 1,799, there are 66 in isolation and 1,723 have recovered. The total number of domestic infections is 1,457. A total of 50,477 samples have been taken, including 71 in the last 24 hours. 10 of the people diagnosed with COVID-19 in Iceland have passed away.

[According to the National University Hospital as of 4/5](#) there are currently 3 patients in the hospital with COVID-19, of which none are in intensive care or on respirators. 59 are being monitored by the COVID-19 outpatient unit, including 5 children who are being monitored by the Children's Hospital. 1752 individuals have recovered and 102 individuals have been discharged from the hospital. No employees are subject to quarantine or isolation.

Information sharing and projects

**National Commissioner of the Icelandic Police's Department of Civil Protection and Emergency Management, COVID-19 press conference
Monday 04.05.2020**

Director of Health Alma D. Möller, Chief Epidemiologist Þórólfur Guðnason, and Chief Superintendent of Police Víðir Reynisson reviewed the status.

CS Reynisson started the conference by announcing that the decision has been made to reduce the number of COVID-19 press conferences. There will be three conferences this week, on Monday, Wednesday and Friday. He thanked everyone who has been involved in this project. The good cooperation we have enjoyed has been vitally important. We are all civil defence. The epidemic has had extensive effects throughout society and we are feeling somewhat fatigued and are waiting for life to go back to normal. We must continue to avoid creating risks for the community and stand together. He then thanked everyone for their support. He also mentioned a community accord that will be publicised in more detail in the next few days.

Dr. Guðnason reviewed today's statistics. There were no diagnosed cases in the last 24 hours. The number of cases is still low and there are few community infections. This is a good time to stop and take a look at the results. The epidemic peaked at the end of March. We managed to repress the epidemic faster than anticipated. There were many influencing factors, including widespread sampling, contact tracing, quarantining, isolation and the participation of the public in all

disease prevention measures. Dr. Guðnason thanked the public for following the recommendations and gave thanks to all the numerous collaborators who participated in the work. We are, however, not about to finish the project. Individual measures will continue with the 2-metre rule, except for children. Further relaxations are under discussion. The aim is to open up public swimming pools on 19 May, with certain restrictions, but this will depend on developments in the next few days. It will be publicly announced via a notification from the Ministry.

Dr. Möller began by mentioning instructions for people in risk groups which are being prepared and will be posted online tomorrow. They will be further presented on Wednesday. Dr. Möller discussed the roles of the Director of Health, which include monitoring the health-care services and giving advice, supporting the Chief Epidemiologist, and disease prevention and civil protection, trying to foresee the development of the epidemic and bringing people together. The health-care services have been successful in carrying out their duties, and preparation was the key element. The epidemic took off rapidly and some health-care workers needed to go into quarantine and isolation. We were successful in bending the curve. She added that the perseverance and boldness of health-care workers came as no surprise to her. We need to follow up by disseminating the diverse knowledge we have acquired, strengthen cooperation and mutual assistance in the international arena. The biggest surprise to her was how the three of them had become celebrities of sorts. She thanked all the numerous persons that had a hand in the matter and deserve thanks for that. We need to continue to be calm and stand together. Carry on, Iceland!

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

Participants, Friday 01.05.2020: In today's press conference, Chief Superintendent of Police Víðir Reynisson and Chief Epidemiologist Þórolfur Guðnason reviewed the COVID-19 situation in Iceland. The conference included guest speaker Páll Matthíasson, Director of the National University Hospital.

The National University Hospital's virology department diagnosed one individual with COVID-19 in the last 24 hours. 722 samples were taken in the last 24 hours. There are three individuals in that hospital, and none at the Akureyri hospital. A total of 99 are in isolation. The number of cases continues to be low and community infections are minimal.

Dr. Guðnason discussed a recent Gallup survey which shows that 96 % of the country's population think the authorities are handling the COVID-19 situation well. He said it was encouraging to feel that trust. The survey also shows that 80–90 % of the population have altered their habits to avoid infection, wash their hands regularly, avoid shaking hands, hugging and kissing. Other infections have also gone down in the community, such as respiratory infections and diarrhoeic epidemics, with the numbers seen in April being lower than ever. This behaviour change in the country's population has returned more than just prevention of COVID-19. There have also been fewer visits to health-care clinics and the health-care system in general. It is unclear what effects this has had on other diseases. Dr. Guðnason also mentioned instructions for self-employed workers that have been posted on the Directorate of Health website under the heading „COVID-19: Economic activities and travel services“. Instructions about travel services will be issued tomorrow.

Director of the National University Hospital Páll Matthíasson reviewed the hospital's statistics, which include 3 individuals with active infections and 16 admissions. No patients are in intensive care or on respirators, and 84 are being monitored, including 4 children. None of them are in immediate need for hospital admission.

Looking at the experiences of the last few months, it is clear that the chain of responses and coordination have had their effects, which is unique. However, the fight is not over and we must keep our vigilance and be ready to respond. This will be a trying time and we will need to keep our focus for many months. Patience is the key to overcoming this disease. There is an increased focus on perseverance – tenacity – resilience in the field of mental health, to endure difficulties and overcome them and learn from them. We must stay our course and continue to be flexible and resolute, and have the resilience to handle the blows and rebuild. Personality and attitude towards difficulties are very important factors, and also the environment we live in, such as support from family, friends and the health-care system. We must work together as one whole. Selfishness and focusing on one's own interests are no good. Showing altruism and changing one's behaviour is important under circumstances like these. In the years to come, we must focus increasingly on strengthening the health-care system. Let's look after each other and stand behind those who are weakest. There is a light at the end of every tunnel.

Saturday 02.05.2020. Participants: Chief Superintendent of Police Víðir Reynisson; Secretary General of the National Olympic and Sports Association of Iceland Líney Rut Halldórsdóttir; General Secretary of Breiðablik sports club Eysteinn Pétur Lárusson; and coach and motivational speaker Pálmar Ragnarsson. In today's press conference, Líney Rut Halldórsdóttir discussed the sports movement and its role in general terms and said it was solution-focused and all its activities characterised by a great deal of resilience. Everyone has been united in their efforts to work together during this difficult time, and they have used all the resources that were available. Ms. Halldórsdóttir reminded the listeners that most Icelanders are connected to the sports movement in one way or another. There are a total of 1,300 functional

units within the movement and in 2018 the movement counted some 104,000 practitioners, or around 30 % of the nation. A total of 9,500 individuals work for the movement, and in addition there are some 35 volunteers for every 100 practitioners. The cancellation of sports activities has had severe consequences for the clubs, not the least financial ones. Mr. Eysteinn Pétur Lárusson began by thanking everyone who has continued their training, saying that coaches, parents and practitioners all deserve praise. The situation has been a considerable challenge for everyone and all have put in a united effort to make things work. He said that the sports clubs were being shown deep trust by allowing children and teens to resume training, and that it was important not to betray that trust. If we play our cards right, there will be further lifting of the restrictions. It is all in our hands.

Mr. Pálmar Ragnarsson said the time had finally come when we could start training – sports are an integral part of the lives of children and teens. Parents are heroes for raising such excellent kids. Mr. Ragnarsson said that the country's children are tough and some would return in better shape than they were in before the ban on social gatherings. As for the kids who do not feel they can go back to training, he said that they could always seek help, from the sports clubs or from professionals.

Finally, he stressed that we all still need to be on our guard and follow the rules on general disease prevention. It is important to continue to respect the rules on social distancing that are still in force, and remember that they were imposed for a reason. We do not want a resurgence of the epidemic.

Sunday, 03.05.2020. Participating in today's civil protection press conference were Director of Health Alma D. Möller; Chief Epidemiologist Þórólfur Guðnason; and Chief Superintendent of Police Víðir Reynisson. The conference's special guest was the President of Iceland, Mr. Guðni Th. Jóhannesson. CS Reynisson especially welcomed the President of Iceland to the meeting. Dr. Guðnason then reviewed the most important statistics. One person has been diagnosed by deCODE in the last 24 hours – in the West Fjords – and currently a total of 1,799 cases of COVID-19 have been diagnosed in Iceland. A total of 400 samples were tested yesterday. A total of just over 50,000 samples have been taken, meaning that around 14 % of the nation have been tested. Around 20,000 have finished their quarantine. Statistical information about COVID-19 can be found at the covid.is website. Dr. Guðnason announced that blood testing to measure COVID-19 antibodies among the public was beginning, in collaboration with deCODE. This testing is carried out under the auspices of the Chief Epidemiologist and will be useful for making decisions on various community disease prevention measures in the weeks and months to come.

Dr. Möller reviewed the situation within the health-care system and how things have been going. In the beginning, the decision was that the main focus would be on protecting the vulnerable groups and stand together to overcome this crisis, and to ensure the safety of the employees, and this has been successful. People do not seem to have hesitated to seek other health-care services. It is important to examine public health, and Dr. Möller pointed out a survey that is being carried out by scientists at the University of Iceland in cooperation with the Directorate of Health and urged everyone to participate through the lidanicovid.is website. It is important to learn from this situation and reorganise the health-care policy under the leadership of the Minister of Health. Dr. Möller also pointed out an undertaking led by the Prime Minister, to achieve the United Nations' Sustainable Development Goals. This undertaking is meant to promote prosperity, peace and solidarity to the good of the earth and humankind. The undertaking includes a project to promote health and well-being for all.

The President of Iceland, Mr. Guðni Th. Jóhannesson, said he was honoured to be given this opportunity to address the public at this turning-point, when the protective measures that have been in force will be relaxed tomorrow, saying it is important to give praise for everything that has been properly done. The President mainly discussed and stressed four points: sympathy, solidarity, gratitude and the future. He said that gratitude should be shown, "let gratitude land where it belongs" – thanks should go to all health-care workers and front-line workers, in schools and to all those who have done their jobs conscientiously during these times, and also to those who have raised our spirits, such as artists and musicians. He also discussed the importance of solidarity and teamwork, which can make all the difference. He thanked the triad for encouraging enduring solidarity, not by issuing orders or lording it over everyone, but by making recommendations, giving guidance and advice based on scientific knowledge, so that we can understand that what is being done is the only right thing to do under the circumstances. Everyone deserves thanks. We are at a turning point in civil protection and virus protection – now we must continue; we should not let loose now.

Other:

[SARS-CoV-2 antibody testing under the auspices of the Chief Epidemiologist and deCODE](#)

Collection of blood samples throughout Icelandic society to evaluate the distribution of SARS-CoV-2, which causes the COVID-19 disease, will begin this week. Currently, samples are only being taken from individuals who are having haematology work done for other reasons. Samples are not being taken from individuals who have no other reason for having haematology work done, and antibody testing at the request of a doctor is not being done at this stage.

New and revised instructions:

Instructions for campsites, caravan parks, touring association huts, small guest-houses, organised tours and outdoor recreation:

At the beginning of [May, instructions for campsites, caravan parks, touring association huts](#) small guest-houses, organised tours and outdoor recreation were updated. These include the following:

Guests may not enter campsites, huts or take part in organised tours if they:

1. a. *Are under quarantine.* b. *Are in isolation* (also if they are waiting for test results). c. *Have been in isolation due to a COVID-19 infection and it has been less than 14 days since they were discharged.* d. Are showing any symptoms (cold, coughing, fever, headaches, muscle pains, fatigue, stomach pain, diarrhoea, etc.).
2. The operator shall *clean and disinfect all common areas and contact surfaces at least twice a day.*
3. As of 4 May, *the maximum number of people allowed in each disease control space is 50.* Disease control spaces can be indoors or outdoors and e.g. campsites must be divided up with regard to this.
4. The 2-metre rule of social distancing between individuals must be respected.
5. There must be easy access to hand-washing facilities and hand sanitiser.
6. Limit all interactions between different travelling groups as much as possible.

Sports and youth activities for children, 16 years and younger, as of 4 May:

As of 4 May, **all** restrictions for children and teens, 16 years and younger, in preschools and primary and lower secondary schools, and in sports and youth activities, are lifted. The 2-metre social distancing rule will **not** apply to this age group.

- There will be no restrictions on the number of participants.
- All sports and youth activities will be permitted, both indoors and outdoors.
- Ski areas will be open to children and teens for training.
- Swimming pools, dressing and swimming areas will be open to swimming training for children and teenagers.
- Sports competitions between children at the preschool and primary and lower secondary school age will be permitted without spectators.
- Special care in hygiene and hand-washing is encouraged.

Sports activities for individuals aged 17 and up

- At most seven people including coaches in outdoors area that is the size of a half football field (2,000 m²).
- At most four people including coaches in indoor area that is the size of one handball court (800 m²).
- Use of indoor dressing facilities is prohibited.
- Please emphasise respect for the 2-metre social distancing rule.
- Sports competitions among adults are prohibited unless the 2-metre rule is applied and it is held without any spectators.
- Adult swimming practises are allowed with groups of seven people at most. The use of dressing and shower facilities is permitted.
- Special attention should continue to be paid to hygiene and hand washing.
- Swimming pools will be closed to the public.

More information can be found at the <http://umfi.is/> website.

[Instructions for beauty salons, hair salons, massage parlours, optometry services and similar services](#)

[Instructions for physiotherapy services and similar activities](#)

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>

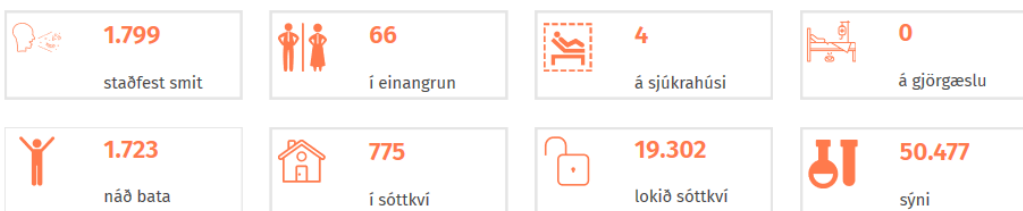
The website contains information about the measures that have been taken in Iceland due to the COVID-19 disease and on projects related thereto. The website contains information in nine languages. The covid.is statistics website has now received over 4.9 million visits.

Upcoming

- Press conferences are held every day at 14:03 h.
- The next COVID-19 coordination meeting will be held on Wednesday 6 May at 9:00h.
- As of 4 May, the Civil Defence Status Report - Emergency / Distress Phase: COVID-19 will be accessible through the [Department of Civil Protection and Emergency Management](#) and [the Directorate of Health](#) websites. The reports will not be sent out via email. To begin with, the reports will be published in the afternoon, once or twice a week, or as necessary.

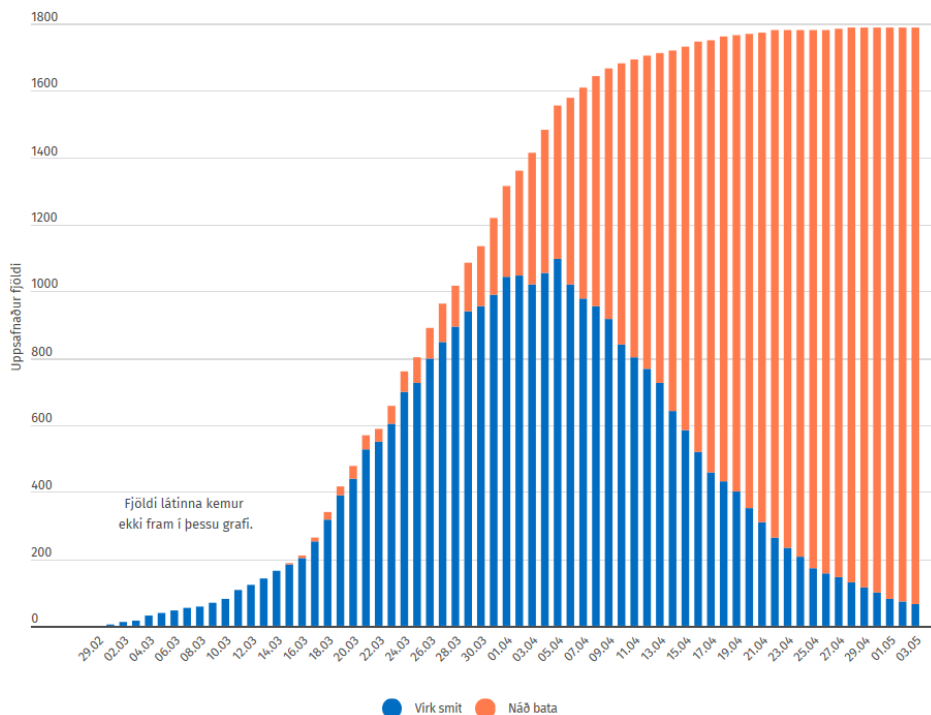
Iceland – today's status

Heildartölur



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

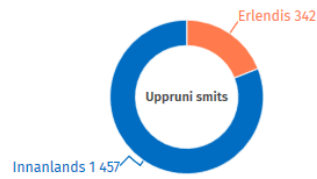
Fjöldi virkra smita og þeirra sem er batnað



Fjöldi smita eftir kyni



Uppruni smits



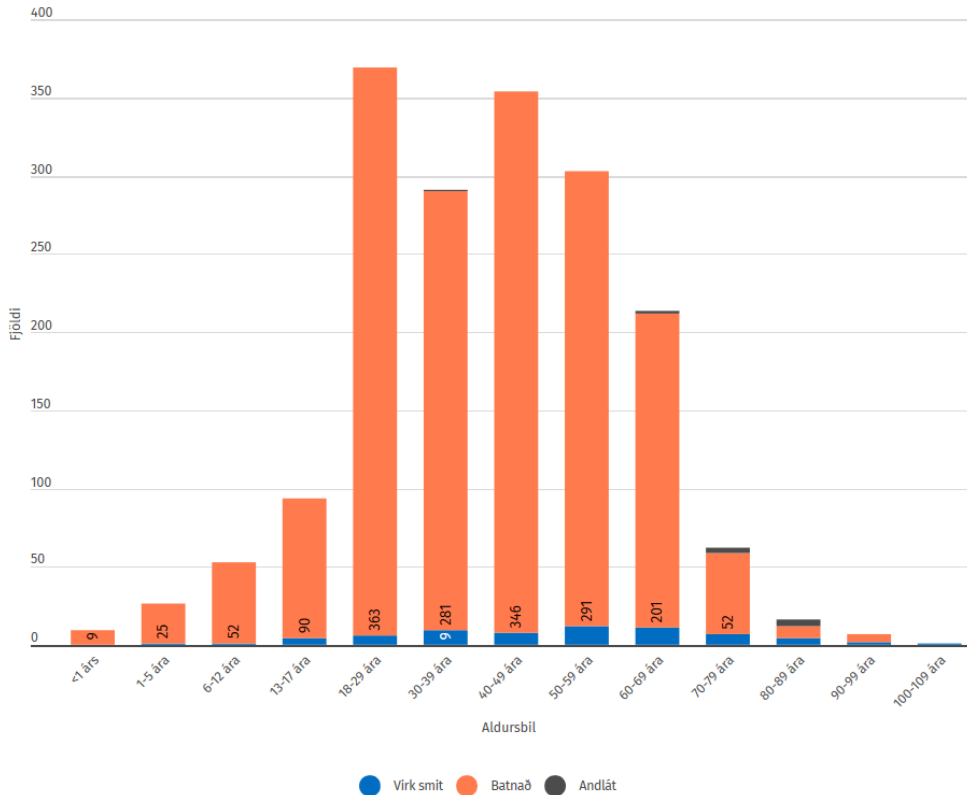
Smit / sóttkví eftir landshlutum



	Smit	Sóttkví
Höfuðborgarsvæði	1312	468
Suðurnes	77	47
Suðurland	178	82
Austurland	8	12
Norðurland eystra	46	35
Norðurland vestra	35	19
Vestfirðir	97	17
Vesturland	43	54
Óstaðsett	2	41
Útlönd	1	0

Download data

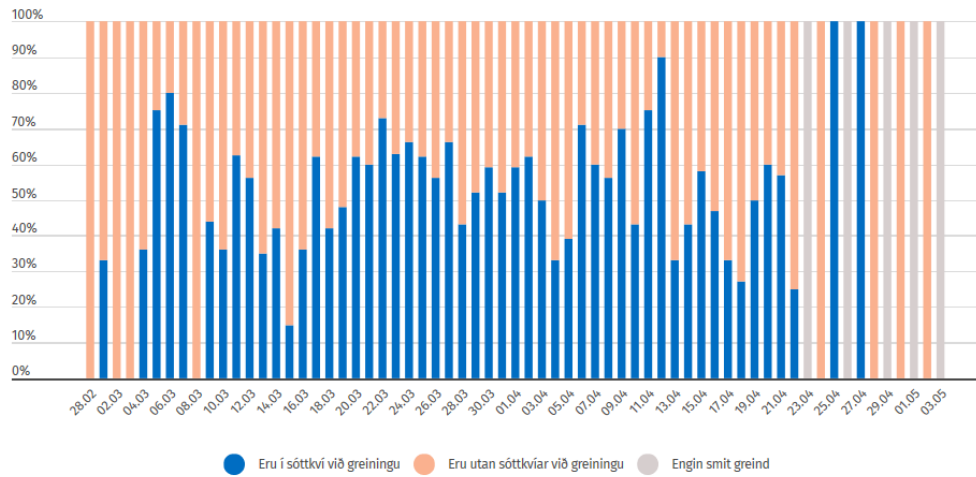
Fjöldi virkra smita eftir aldri, fjöldi þeirra sem hefur náð sér og andlát



Hlutfall smitaðra sem greinast í sóttkví

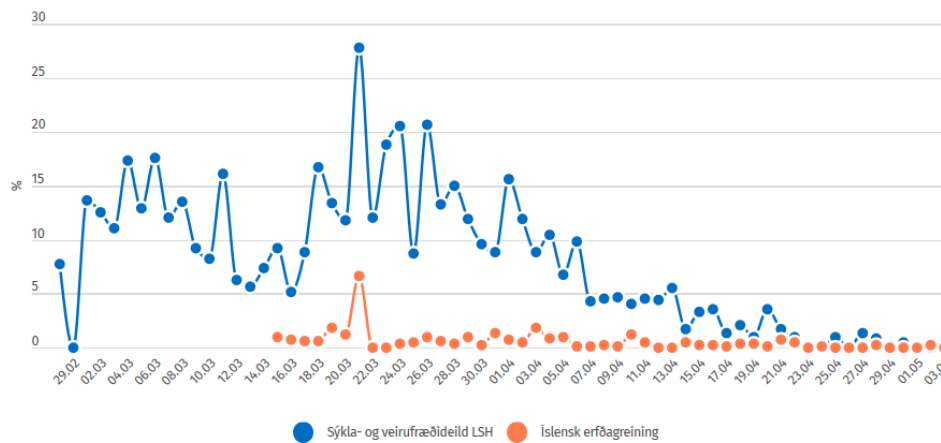
57%

þeirra sem hafa greinst voru í sóttkví



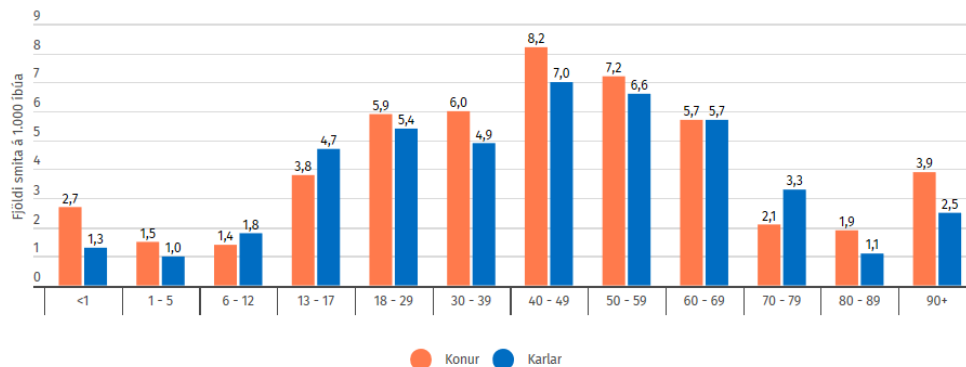
Download data

Hlutfall smita af fjölda sýna



Fjöldi smita á hverja 1.000 íbúa eftir aldri og kyni

- Uppfært á mánudögum



Coronavirus – Global spread

According to Johns Hopkins, **3,531,618 individual cases** of COVID-19 have been confirmed today and **248,097 individuals** have died. An additional **1,133,639 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/covid-19/prevention-control) website for information on the development in each country. Cf. the ECDC risk assessment.