



Exemption from requirement for quarantine in Iceland for flight crews travelling abroad for work

An exemption has been granted from the general requirement for quarantine for flight crews for companies based in Iceland who have travelled to COVID-19 risk areas and for crew members of companies based elsewhere who reside in Iceland according to the following criteria:

1. Crews based in Iceland or resident in Iceland have travelled only for work and have followed employer or chief epidemiologist instructions for infection prevention while abroad which may be considered equivalent to protective quarantine measures.
2. Crew members resident in Iceland are not scheduled to work with crew members resident in other countries.
 - a. Special circumstance: if the **same crew** works together for 14 days or longer prior to return of the crew members resident in Iceland returning home AND no illness occurs within the group during those 2 weeks, the exemption is upheld, despite the different background risk at the start of the work-period.
3. Crew members who are contacts of confirmed cases despite precautions, whether within the family, circle of friends or at work, are not subject to this exemption and must fully observe the rules for quarantine issued by the chief epidemiologist.
4. Crew members exempted from quarantine must monitor their health closely and specifically for the following symptoms:
 - a. Runny or stuffed nose (cold symptoms), sore throat, sudden change in sense of taste or smell
 - b. Cough or shortness of breath
 - c. Fatigue, body aches, headache
 - d. Fever over 38°C

If any of the symptoms a-c arise temperature should be checked. Even if temperature is normal the crew member must contact staff health to decide if they may work.

Please note that the requirement for quarantine in Iceland is lifted for those who were diagnosed with confirmed infection in Iceland regardless of working conditions abroad. A confirmation of this can be obtained on an individual basis from mottaka@landlaeknir.is.

The Chief Epidemiologist for Iceland