

COVID-19

Border Testing and Special Precautions

27. júlí 2020

Current rules require travellers arriving in Iceland from [high-risk areas](#) for COVID-19 to choose between 14-day quarantine or testing at the border.

From 13 July 2020 residents of Iceland and Icelandic citizens have been able to choose between:

- 14-day quarantine

or

- 2 tests; the 1st at the border on arrival and the 2nd by the primary health care service 4-6 days later. In between the 2 tests special precautions need to be taken. **The 2nd test is free of charge.**

Also, it is recommended that travellers to Iceland who are participants in Icelandic society e.g. due to their social network, studies or work, take special precautions and undergo the 2nd test although they do not fulfill criteria of residency or citizenship. This applies as well to those moving permanently to Iceland. This 2nd test is free of charge.

For those coming to Iceland for work it is recommended to arrive earlier or delay start of work for 4-6 days so the special precautions can be taken until the 2nd test is performed.

In between the 1st and the 2nd test [special precautions](#) need to be taken. If the 2nd test is negative (no virus detected) then the special precautions are lifted. If a test is positive then further tests will be performed and the individual is placed [in isolation](#).

Special precautions are a less strict form of quarantine but entail that the individuals should limit their activities and not interact with many others. **These rules should be followed:**

- Do not attend work or any gatherings where more than 10 people gather. This applies to gyms and swimming pools as well.
- Avoid contact with those [at higher risk of severe illness](#).
- Adhere to the 2 meter physical distancing when near others not in the same household.
- Do not use handshake as a greeting and avoid hugs.
- Adhere to strict personal hygiene and follow guidelines on infection control (clean hands regularly, avoid unnecessary touching of face, clean and disinfect the home).

If personal hygiene measures are adhered to then:

- May use public transport to destination.
- May go out for a walk or a car ride.
- May go to the store to fetch necessities.
- May meet with friends and family with restrictions as above.

2nd testing:

- b) Individuals who choose testing at the border and need to adhere to special precautions will be automatically notified to present for a 2nd test if they have:
- An Icelandic ID number, Icelandic citizenship or residency according to pre-registration.
 - These individuals will receive an email regarding the 2nd test if the 1st test is negative.
- b) Individuals who choose testing at the border and it is recommended they adhere to special precautions and undergo 2nd testing (even if they are not automatically notified):
- Those that come to Iceland to work or to study
 - Those that have an extensive social network or are participants in Icelandic society in some way (e.g. family members of Icelandic residents).
 - Passengers from Norrona who have a negative test result from Denmark but have been in a high-risk area in the last 14 days or they consider the above applies to them.

The 2nd test is free of charge under those circumstances.

In the Reykjavik area testing is performed at **Suðurlandsbraut 34, 108 Reykjavík, ground floor**, between 10:00 and 15:00 Monday to Friday, and between 12:00 til 15:00 on weekends and holidays. No appointments are made. An ID such as a passport needs to be presented. Registration is linked to the 1st test and those that are automatically notified will receive a barcode by email but others will be registered on-site.

Outside the Reykjavik area an appointment needs to be made with the **primary health care service** at a center that perform border testing and can register travellers for the 2nd test (listed below):

- Suðurnes (HSS)
- Selfoss (HSU)
- Vestmannaeyjar (HSU)
- Höfn í Hornafirði (HSU)
- Egilsstaðir (HSA)
- Akureyri (HSN)
- Ísafjörður (HVEST)
- Borgarnes (HVE)
- Stykkishólmur (HVE)

If the 2nd test is negative (no virus is detected) then the special precautions are lifted. Negative test results are sent via the app Rakning C-19 or as text message, however, if no message is received within 24 hours it means the test is negative. Positive test results (virus is detected) are notified by a phone call. All travellers are required to provide reliable contact information on the pre-registration form.

It is important to present for the 2nd test on the required day. **The contact tracing team will follow up regarding those that do not show up after a reminder is sent.**