

Guidelines Regarding Travel Abroad for Residents of Iceland

Related to the COVID-19 pandemic many countries have installed travel restrictions or other measures at the border. Before embarking on their trip, travelers should check the rules and regulations in the country/area they are traveling to.

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Before the Trip

The Chief Epidemiologist advises residents of Iceland against all unnecessary travel to [high-risk areas](#) for COVID-19. Those that do travel should show caution and follow advice regarding hygiene and infection control.

Face Masks on International Flights

According to international standards travelers should wear a face mask on international flights and passengers in Iceland should wear face masks in the airport when the 1-meter physical distancing rule cannot be adhered to between unrelated individuals.

Each passenger has to provide their own face masks in enough supply for the entire trip. Medical masks (regular type but not the FFP2 type) are recommended. Cloth masks are not recommended. Face masks should be handled as little as possible and they do become contaminated by breath. If they become damp due to breathing they need to be changed. A used mask should be discarded into a closed rubbish bin and hands should be cleaned after handling the mask. In general, a mask can be used for 3-4 hours but needs to be changed sooner if damp.

Infection Control

The SARS-CoV-2 virus that causes COVID-19 spreads between people with droplets from the respiratory tract of an infected individual that another individual then inhales or touches on a contaminated surface and then he/she touches his/her own face (eyes, mouth or nose).

Basic infection control that each person should follow, also while traveling:

- Keep distance from others (1-2 meters/3-6 feet) and avoid those that have symptoms of a cold or cough.
- Frequent hand cleaning after touching common surfaces. Use hand sanitizer if needed.
- Avoid touching ones face (eyes, mouth or nose).
- Cough and sneeze into a paper napkin that is then immediately discarded and clean hands after. Otherwise cough or sneeze into ones elbow.
- Use face masks at gatherings if the 1-meter rule cannot be adhered to.

Some with the COVID-19 infection have few or mild symptoms but others can become quite ill. Common symptoms are: Fever, cough, difficulty breathing, sore throat, cold-like illness, sudden loss of sense of smell or taste. It is important to seek health care in your area if you have any of these symptoms and isolate from others to prevent spread of infection.

Important: Do not travel if you have symptoms of COVID-19.

Returning Home

Arrival passengers to Iceland need to fill out a [pre-registration form](#) and choose between [quarantine](#) for 14 days or testing at the border ([PCR-test](#)). Currently all travellers who choose testing, need to take two tests. One at the border on arrival and a 2nd test 5 days later. The 2nd test is performed by the [primary health care service](#) and can be done locally. [Quarantine](#) needs to be followed in between the two tests.

Children born 2005 or later are exempted from quarantine and testing. Those that have had a confirmed COVID-19 infection in Iceland and have recovered, or have documented antibodies against SARS-CoV-2 in Iceland, are exempted as they are not considered at risk of a re-infection. Letter regarding previous infection can be obtained at www.heilsuvera.is (electroni ID is needed) or from the Directorate of Health in Iceland at mottaka@landlaeknir.is.

Contact Tracing App

Individuals are encouraged to download the contact tracing app Rakning C-19 and to keep it on their phones for at least 14 days after return home. You will receive result of testing through the app and the app also contains useful information about COVID-19 and the healthcare system in Iceland.

Quarantine

[Quarantine](#) is used when a person is possibly infected with a disease but is not yet symptomatic. A person under quarantine should stay in their home and have contact with as few people as possible. Quarantined individual must not go to work or school or to any gatherings. Quarantined individual can

go for a walk but cannot go to the gym or into shops or restaurants. See further details in the instructions which is important to read carefully.

If you experience any symptoms consistent with COVID-19 (cough, difficulty breathing, tiredness, fever, sudden loss of sense of taste or smell) should call the primary health care service in the area, or after-hours call 1700 (+354 544 4113 from a foreign number).

The 2nd Test

The [primary health care service](#) performs the 2nd test. The 2nd test is scheduled 5 days after the 1st test. E.g. if the 1st test is on a Wednesday the 2nd test is on Monday. Individuals receive an email with the date of their 2nd test and another email with their barcode the night before the test. An ID and the barcode need to be presented at testing.

In the Reykjavik area testing is performed at **Suðurlandsbraut 34, 108 Reykjavík, ground floor.**

Outside the Reykjavik area the tests are performed at certain [centres](#) as listed. Note some centres require an appointment to be made and the centres opening hours are different and can change.

If the 2nd test is negative (no virus is detected) then quarantine is lifted. If no message is received in 24 hours you can contact testc19@landlaeknir.is and ask about your results. Positive test (virus is detected) are always notified by a phone call. A positive result leads to [isolation](#) of the individual and further tests as indicated.