



## Instructions for quarantine for visitors in Iceland

**Quarantine** is used when a person is possibly infected with a disease but is not yet symptomatic. **Isolation** applies to patients with symptoms of infectious disease.

The Chief Epidemiologist is authorized to take such measures according to article 12 of the [Act on Health Security and Communicable Diseases](#)

### Quarantine:

As of August 19, 2020, all travellers from [risk areas](#) to Iceland that enter the country are again obligated to go into quarantine, regardless of duration of the intended stay in Iceland or purpose of the visit.

Travellers are registered in quarantine using the [pre-registration form](#) before or on arrival. The registration information is collected in a database which is the responsibility of the Chief Epidemiologist and made available to the Department of Civil Protection and Emergency Management responsible for enforcing quarantine.

In this and other documents relating to quarantine in Iceland, the phrase “home-based quarantine” refers to quarantine in any accommodation fulfilling the [requirements for quarantine housing](#). “Home” likewise refers to the base of quarantine, whether or not it is the residence of the quarantined individual or temporary accommodations such as a hotel or a quarantine facility.

Full quarantine duration is 14 days. There are small but important differences in the rules for travel related quarantine compared to quarantine due to known contact with a person with COVID-19.

Individuals with a confirmed prior COVID-19 infection in Iceland or antibodies measured in Iceland are exempted from quarantine and screening. Test results or certificates regarding antibodies need to be sent to the contact tracing team.

- **Quarantine related to travel** from risk area can be **shortened** by undergoing PCR testing for diagnosis of COVID-19 on arrival and again on day 5 of quarantine. Day 1 is then the day after the first test. If a 14-day quarantine is chosen upon arrival that quarantine cannot be shortened later by taking a test. If the duration of the visit is less than 5 days quarantine applies for the entire time but the individual can leave the country even if the second test is not done yet. A positive test leading to a diagnosis of active COVID-19 infection will lead to [isolation](#) of the affected party and quarantine of contacts.
- **Quarantine for COVID-19 exposure** is 14 days from last possible exposure/ transmission or until symptoms appear, but if symptoms appear and an infection is confirmed by laboratory testing please follow [instructions regarding isolation](#). Quarantine may be increased if additional exposure occurs (e.g. another family member is diagnosed with the disease). Quarantine can be **shortened** for asymptomatic individuals by undergoing a PCR screening test after 7 days. If the virus is not detected

the quarantine is lifted. The next 7 days the individual still needs to pay special attention to hygiene and basic infection control and avoid contact with vulnerable groups. This test is free of charge to the individual. If you are in quarantine in the same place as an infected individual quarantine cannot be shortened and you should not present for testing unless you have kept complete separation from the infected individual for 7 days.

- If the test is positive the individual is contacted by telephone and rules of isolation apply.

**At onset of quarantine, the following should be reviewed by the person concerned:**

- Detailed information on infection pathways and symptoms of the COVID-19 infection can be found on the website of the [Directorate of Health](#).
  - Contact and droplet contamination spread the disease. This means that there is risk of spreading the virus when an infected person sneezes, coughs or blows their nose, and a healthy person inhales these droplets or they land on their hands and they then touch their eyes, nose or mouth. Quarantined individuals need to pay special attention to hand hygiene.
  - Masks and/or gloves may be appropriate during quarantine when contact with others is unavoidable, but can only be supplementary to the restrictions imposed by this quarantine procedure.
- When quarantine is due to known exposure to COVID-19 it is preferred that individuals in the household that have not been exposed not be in the same place as the quarantined person. However, others exposed in the same household at the same time can be quarantined together in the same place, risking prolonging quarantine if a household member then falls ill with COVID-19.
  - If non-exposed individuals do not want to leave the household they should limit contact with the quarantined person as much as possible (at least the quarantined person should have her/his own bathroom, sleep in a private bedroom or at least a separate bed). **If the quarantined individual then falls ill, the other household members must be quarantined.**
- It is important to practice routine hygiene measures to reduce the risk of infection (see guidelines on [hand hygiene](#) and infection prevention on the Directorate of Health's website).
- Individuals in quarantine due to known exposure to COVID-19 should measure and record his/her body temperature daily.
- If a quarantined individual becomes symptomatic with COVID-19, she/he should contact the closest primary care provider or Laeknavaktin-on call service by phone at 1700 (+354 544 4113 for foreign numbers) for further guidance. Common symptoms include:
  - Respiratory symptoms, especially cough and difficulty breathing. Cold symptoms (runny or stuffy nose) and a sore throat are also common.
  - Fever
  - Weakness/fatigue

- Headache and musculoskeletal pain
- Gastrointestinal symptoms may occur
- Sudden changes in the sense of smell or taste are less common but characteristic of COVID-19
- If a quarantined individual suffers from an acute illness and needs ambulance transport to hospital, the 112 dispatcher should be notified of a possible COVID-19 infection.
- A person under quarantine should stay in their base of quarantine and have contact with as few people as possible.
  - The base of quarantine must have a permanent fixed address with private hygiene facilities for each individual or family members who quarantine together.
    - Use of mobile accommodations, such as a tent or camper van or similar is not allowed due to the requirement for private hygiene facilities and travel restrictions inherent in quarantine.
    - A fully equipped motorhome with a toilet and a shower, cooking facilities and sleeping quarters, can be used as a place of quarantine, if the motorhome is kept in the same location during the quarantine period.
    - Group accommodations are also prohibited during quarantine (hostels, hiking lodges, fishing lodges etc.), that is any accommodations where persons who do not share a home sleep in the same room, use the same hygiene facilities and/or cooking facilities.
    - Guesthouses and home-based accommodations offered for use by individuals in quarantine must offer private hygiene facilities for each unit in use for quarantine and those in quarantine in such accommodations may not use any shared spaces, such as lounges, kitchens etc.
  - Quarantined individual **may** leave their base of quarantine to seek necessary health care services, **after** consulting with a primary care clinic, on-call service 1700 (+354 544 4113) or emergency services 112. **If illness (COVID-19 or other) or an accident occurs while in quarantine and medical attention is required, the person who contacts the primary care clinic, 1700 (+354 544 4113) or 112 should notify the responder of the quarantine.** This allows the responder to arrange the necessary precautions for the medical staff involved in providing care, **but should NOT delay or inhibit access to necessary healthcare.**
  - Quarantined individual **must not** use public transport but they [may use taxis](#), rental cars or private cars when leaving the base of quarantine is necessary. Persons with symptoms of COVID-19 may **not** use taxis, if symptoms arise during quarantine and testing for COVID-19 must be arranged for a visitor who does not have access to a private vehicle or is too ill to drive, the provider who arranges for the testing to be scheduled (primary care, 1700 or 112) should be made aware of the situation and can take it into account.
  - On arrival it may be necessary to travel to a base of quarantine remote from the point of entry into Iceland. If quarantine duration is longer than the visit to Iceland, the same applies upon departure.

- **Those in travel related quarantine who intend to get a second test done to shorten duration of quarantine will need to leave their base of quarantine for the second test but should return there after the test to await the result.**
- Quarantined individuals **must not** attend school or work where others attend.
- Quarantined individual **must not** attend any gatherings, for work, family or social life. For example, work meetings or gatherings, union meetings, confirmations, weddings, wakes, home-based social gatherings, choir rehearsal, concerts, etc.
- Individuals who are in quarantine after travel prompted by a death of a close family member or friend in Iceland may be able to attend funeral services, if they follow the [separate instructions](#) for conduct during the services. If testing was done on arrival it is recommended to schedule travel so that the result is clear prior to attending any services.
- Quarantined individuals **must not** themselves go out for supplies, i.e. to the pharmacy, the grocery store etc. This must be considered when choosing accommodations and the location where quarantine is based.
  - Hotels and other providers of accommodations for quarantine may provide room service or allow delivery of food from restaurants or grocery stores to the base of quarantine. Please note that delivery options are not common outside of larger towns. In the Capital Area several grocery stores and many restaurants offer delivery, on their own websites or through online delivery centres.
  - If visitors in Iceland have local family or friends, they may be able to assist with necessities but should leave them at the door and not enter the base of quarantine.
  - If visitors are unexpectedly quarantined for contact with a case and do not have accommodations arranged to complete 14 days in quarantine, they can be accommodated in official quarantine facilities where necessities will be provided by the Red Cross or other parties. The Red Cross also has a helpline 1717 (+354 580 1710 for foreign numbers) where you can ask for assistance, get support or information and talk to someone in confidence. The helpline is open 24/7 and is free of charge.
- Quarantined individuals **must not** visit restaurants, bars, fitness centers, swimming pools, theaters, cinemas, shopping malls, or other places where people come together.
- Quarantined individuals **must not** stay in shared condominium space, i.e. stairwell, laundry rooms, or shared yards/outdoor areas.
- Quarantined individuals **may not** welcome guests in the base of quarantine.
- Individuals in quarantine **can** use shared condominium stairwells and entrances (e.g. on their way in and out from a walk) but they **cannot** stay there and they need to keep at least 2 m distance from others. Preferably an individual in quarantine should use the stairs rather than an elevator but if he/she needs to use the elevator then he/she should not share the elevator with others. Hand hygiene

is very important and common surfaces such as elevator buttons should be sanitized by the individual in quarantine after they are touched.

- Quarantined individuals **can** go out on a balcony or garden that is for their private use.
- Quarantined individuals **can** go for a walk in the vicinity of their base of quarantine but need to keep at least 2 m distance from other pedestrians.
- Quarantined individuals **can** take out domestic trash, but need to consider hygiene, such as handwashing before and after opening the garbage chute/trashcan/trash room and preferably wipe common surfaces such as handles, handrails, elevator buttons with 70% alcohol or other disinfectants after contact.