



Leiðbeiningar fyrir sóttkví

vegna heimsóknar til Íslands

Quarantine instructions

for visitors in Iceland

Quarantäneanweisungen

für Islandreisende

Instructions de quarantaine

pour les visiteurs en Islande

Instrucciones de cuarentena

para los visitantes a Islandia

Zasady odbywania kwarantanny

przez osoby przyjeżdżające do Islandii

Instrucțiuni privind carantina

pentru turiștii care sosesc în Islanda

Karantino nurodymai

atvykstantiesiems į Islandiją

Welcome to Iceland, dear traveller.

What happens next?

As of 19 August 2020 all arriving passengers can choose between a 14-day quarantine or a double testing procedure along with a quarantine for 5-6 days. Children born in or after 2005 are exempt from the screening and quarantine requirements.

Those who choose to self-quarantine for 14 days from arrival must make the appropriate arrangements to ensure that they can comply with the guidelines for self-quarantine. Please read the following information about quarantine in Iceland.

Please note that violations of quarantine or isolation requirements are subject to fines or enforcement action from the relevant authorities to ensure compliance.

Awaiting results from the first screening test:

1. The rules of quarantine apply once you leave the border point. Once the sample for the PCR test is collected, you must go directly to your place of quarantine. If necessary, you are permitted to spend one night in an appropriate quarantine accommodation near the point of entry, before travelling to the final place of quarantine.
2. Please make sure to download the app Rakning C-19, available through www.covid.is/app. The app communicates negative test results and assists in tracing infection if necessary. Furthermore, the app contains information about the healthcare system in Iceland and important tips about COVID-19 for your safety. Additional information about the app is available on www.covid.is/app/en.
3. If your test result is positive, you will receive a phone call from the COVID out-patient ward of the National Hospital (Landspítali), who will explain additional measures to confirm an active infection. Negative results are communicated via the Rakning C-19 app or by SMS message to the phone number verified at pre-registration. If you do not receive your results within 24 hours please send an email to testc19@landlaeknir.is and include your barcode in the email.

Quarantine between tests:

1. While in quarantine, you must stay at your registered location and avoid contact with other people. Pay attention to personal hygiene, especially hand hygiene. Please have your phone switched on at all times, to be able to receive calls or messages about the results of the COVID-19 test and for the function of the tracing app.

During quarantine, you:

- **may seek** necessary health care services by contacting the nearest primary care clinic, on-call services (1700 or +354 544 4113) or emergency services (112) by **phone**.
- **may take** a walk in areas where few other people are present, but must stay at least 2 meters away from any other pedestrians.
- **must not** have direct contact with persons not part of your own household.

When in contact with persons in your household you should pay careful attention to hygiene and attempt keep a distance of 1-2 meters at all times.

- **must not** use public transport but use of taxis, rental cars and private vehicles is permitted.
 - **must not** go for a drive, unless when going from point of entry to your final place of quarantine, or when going to the second screening.
 - **may not** visit tourist attractions and may not drive long distances (for example between towns), except if necessary between the point of entry/exit at the border and the site of quarantine.
 - **must not** visit restaurants, bars, gyms, swimming pools, cinemas, theaters, attend public or private gatherings of any kind or size, or visit any place where crowds are likely.
 - **must not** enter grocery stores, pharmacies or other stores. Delivery services are available in some, but not all, towns.
 - **must not** attend school or work.
2. Four days after arrival, you will receive an email with information on how and where to attend the second screening test. To reach the site of testing you may use a private car, rental car or taxi.

Please note: If your first test was positive, whether or not you are isolated with an active infection or released from quarantine due to recovered infection, you should not attend the second screening.

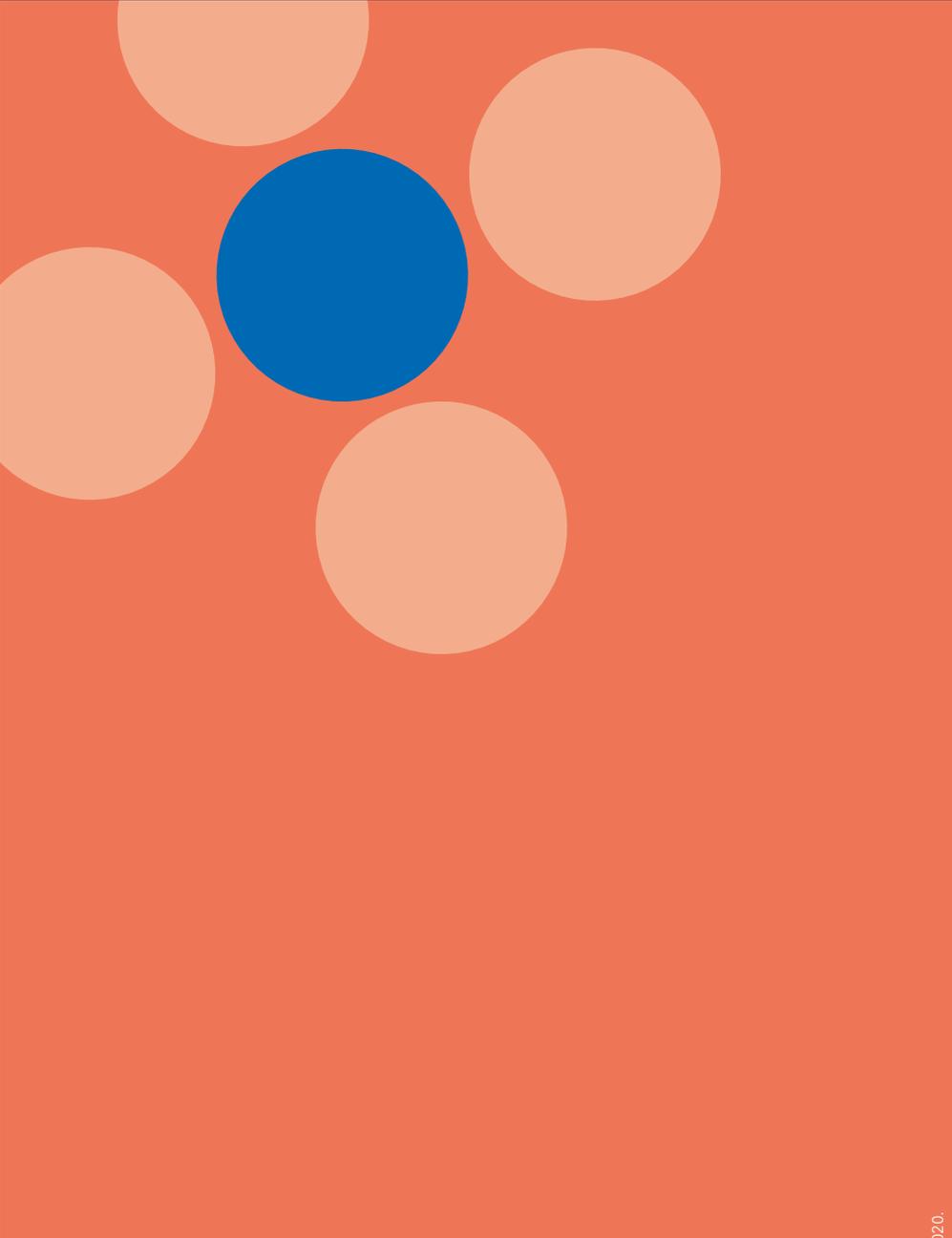
Awaiting results from the second screening test:

After the second test, you must return to the site of quarantine and remain there until you receive the results. If the results are negative, you can leave quarantine. A positive result, however, will always require isolation.

Symptoms: If you develop symptoms that may be due to COVID-19, either during the quarantine or afterwards, you should phone the nearest primary care clinic or the on-call service (Laeknavaktin at 1700 or +354 544 4113). Symptoms may include:

- Fever
- Cough
- Difficulty breathing
- Body aches, fatigue
- Runny or stuffy nose, sore throat
- Sudden changes in sense of taste and/or smell
- Vomiting, diarrhea (more common in children)

If you have **symptoms** of COVID-19 **you must not visit a health care facility or a screening site**, but should call first and notify them so that providers can be prepared to help you while keeping themselves and others safe.



covid.is