

COVID-19 Instructions



Quarantine

Possibly infected or been in close contact with an infected person



Isolation

Waiting for test result or confirmed infection



60+ & persons at risk of severe infection
e.g. cancer, diabetes, hypertension, chronic heart and lung problems or kidney failure



Healthy

Wash your hands and keep 2 meter distance from other persons

Go to shop & pharmacy

No

No

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Yes

Go to work

No

No

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Take the bus/travel

No *

No

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Go out for a walk

Yes

No

Yes

Yes

Staying home together

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Yes

Yes

Meet friends & relatives

No

No

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*Can travel with taxi and private vehicle.

Follow specific guidelines for:

Quarantine: <https://www.covid.is/categories/how-does-quarantine-work>

Isolation: <https://www.covid.is/categories/how-does-isolation-work>

Can you solve this by other means? (home delivery, get help, use mobile/computer?)

Yes

Be mindful of symptoms.