



NATIONAL COMMISSIONER OF THE ICELANDIC POLICE

DEPARTMENT OF CIVIL
PROTECTION AND EMERGENCY
MANAGEMENT



Applies to: The media, almannavarnir.is, Administration and Chief Epidemiologist's contacts.

STATUS REPORT

Date: 31.03.2020

Time: 17:30

Location: Coordination Centre / Directorate of Health /Chief Epidemiologist

Emergency / Distress Phase: COVID-19

Event description

Every effort is being made to distribute information and advice to the public, to public bodies and to companies. All instructions can be found on the Directorate of Health website, the National Commissioner of the Icelandic Police website and the covid.is information website.

Advice regarding Covid-19

Ways to get advice from nurses:

Serious illness:

- Phone the 1700 number outside working hours
- Call your health-care centre during working hours

Lesser illness:

- Communication through My Pages on Heilsuvera.is
- Net chat on heilsuvera.is - 8:00–22:00h

The Medical Hotline (Læknavaktin) and Heilsuvera are under a great deal of strain. We urge everyone to read the information available on the above-mentioned websites.

The number of people in Iceland with confirmed infections is currently 1.135, with 960 in isolation. There are a total of 735 domestic infections and 105 with unknown origins. A total of 17,904 samples have been taken. Of the people diagnosed with COVID-19 in Iceland, two have passed away.

According to the National University Hospital there are currently 35 patients in the hospital with COVID-19, of which 11 are in intensive care and 9 on respirators. 968 are being monitored by the COVID-19 outpatient unit, including 73 children who are being monitored by the Children's Hospital. 198 individuals have recovered and 23 individuals have been discharged from the hospital.

Press conferences

Chief Epidemiologist Þórólfur Guðnason stated that 49 new infections were diagnosed yesterday. Of the diagnosed infections, 29 % were found in individuals who have been under quarantine, which is a somewhat lower percentage than previously. He also reviewed the admission status: 35 are currently in hospital, including 3 in Akureyri. 11 are in intensive

care, including 9 who are on respirators. 23 have been discharged from the National University Hospital and 2 from the hospital in Akureyri. Efforts to slow down the epidemic have been successful, but the National University Hospital and the intensive care unit are under a lot of stress. Dr. Guðnason said that the measures taken in recent days and weeks have been effective, which encourages us to continue on the same path. He said it was likely that the current measures would be extended. Dr. Guðnason expressed his surprise at the requests for exemptions from the quarantine rule and social gathering ban. It has become apparent that the disease is not always diagnosable during its incubation period and therefore it is important to keep a 14-day quarantine. The next challenge will be to cancel the measures that have been taken, but this must not be done too quickly and it will take some stamina.

Director of Health Alma Möller expressed thanks to teachers for sticking to a routine for the children and for making the work of health-care workers easier. Health-care workers are showing signs of fatigue due to the long-lasting and growing strain. Dr. Möller talked about a contact-tracing app that will be based on double user consent. She also said that a number of institutions had requested support and especially asked welfare aides to register for the reserve team.

Director of the National University Hospital Páll Matthíasson reviewed the situation in the hospital. Fewer staff members are now under quarantine than before, and 35 are in isolation. 968 patients are being monitored by the outpatient unit, including 73 children. He urged the residents of Iceland to stay within their homes over the Easter holidays instead of travelling. Dr. Matthíasson discussed the new arrangements in the maternity ward, where family members of women giving birth by caesarian section can no longer be present during the operation, but one of them can meet the mother and child after the birth. The families of women giving birth in the traditional way can still be present for the birth.

National University Hospital Chief Medical Officer of Obstetrics Hulda Hjartardóttir said that the disease did not seem to pose the same kind of risk to pregnant women as that posed by SARS and many other viral infections. Neonatal infections are rare. Disease prevention for medical staff is very important, as Iceland does not have many specialists in each branch of medicine. She explained the National University Hospital's decision to no longer allow the family to be present during caesarean births. Such operations are attended by a large number of medical staff and it is important to limit the risk of infection as much as possible. She iterated the statement from yesterday's press conference, asking that pregnant women who are nearing the end of their term to keep disease prevention in mind to reduce the risk of arriving at the maternity ward already infected.

Next came some questions regarding how well the hospital staff are prepared to care for many patients on respirators. The Director of Health said that if the worst-case prediction were to come true, some staff will be moved around to meet the challenge. When asked, Dr. Hjartardóttir said that she recommends taking disease prevention measures during breastfeeding. Dr. Matthíasson said that a special team is now caring for people who are going through cancer treatment so they do not have to stay in the hospital. Finally, some reasons were given for recommending that people avoid travel during the Easter holidays, including that travel-heavy weekends increase the strain on the health-care system that people are apt to gather outside areas with a strong health-care network and that people are more likely to forget about disease prevention when travelling.

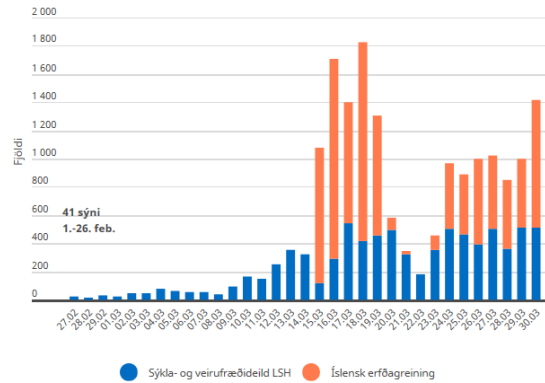
Uppfært daglega kl. 13:00



COVID-19 á Íslandi - Tölfræði

- Upplýsingar á síðunni eru sóttar úr gagnagrunni á miðnætti.

Fjöldi sýna eftir dögum



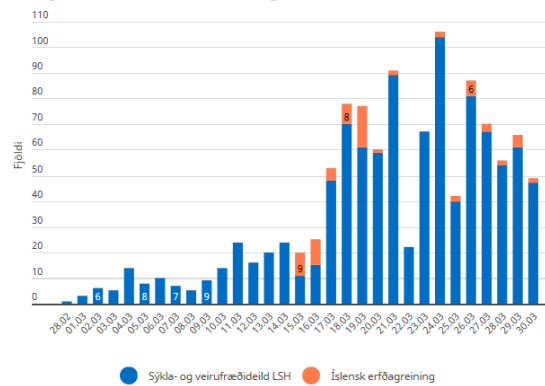
Download data

Heildartölur

- 1.135** staðfest smit
- 960** í einangrun
- 30** á sjúkrahúsi
- 10** á gjörgæslu
- 173** batnað
- 8.879** í sóttkví
- 6.214** lokið sóttkví
- 17.904** sýni

Af þeim sem greinst hafa með COVID-19 á Íslandi eru tvö látin.

Fjöldi smitaðra eftir dögum

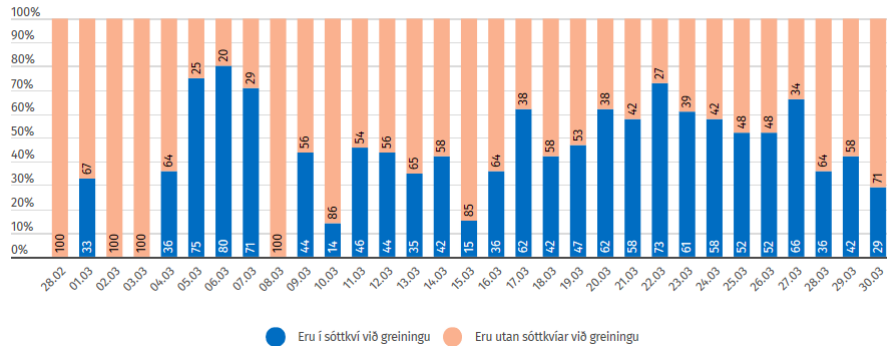


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Hlutfall smitaðra sem greinast í sóttkví

51%

þeirra sem hafa greinst voru í sóttkví

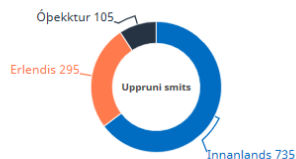


Fjöldi smitaðra eftir kyni



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Uppruni smits



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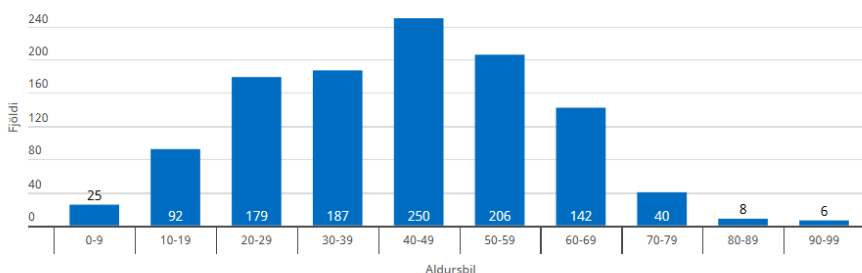
Smit / sóttkví eftir landshlutum



Landshluti	Smit	Sóttkví
Höfuðborgarsvæði	853	4489
Suðurnes	51	393
Suðurland	114	782
Austurland	5	190
Norðurland eystra	33	399
Norðurland vestra	22	363
Vestfirðir	4	194
Vesturland	23	318
Óstaðsett	30	1751
Útlönd	0	0

Download data

Fjöldi smitaðra eftir aldri



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Coronavirus – Global spread

According to Johns Hopkins, **803,313 individual cases** of COVID-19 have been confirmed today and **39,014 individuals** have died. An additional **172,772 individuals** have already recovered from the illness. There has been a surge in the distribution of the virus. The ECDC has raised its risk assessment to a risk of a moderate to high threat to public health. Cf. the [European Centre for Disease Prevention and Control \(ECDC\)](#) website for information on the development in each country. Cf. the ECDC risk assessment.

The Ministry for Foreign Affairs' Consular Service has replied to around 4,600 inquiries since 14 March. Some 11,400 individuals have registered in the Consular Service's database since 25 February, and out of that number more than 8,000 are estimate to have arrived home or decided to stay put. The Consular Service staff have called more than 2,000 persons who were still abroad according to the database, to find that around 75 % of those had either returned home or decided to stay put. Passenger flights continue to become scarcer and many borders are closed. The Consular Service continues its mission to give guidance to people who are planning to return home and is working in close cooperation with the Consular Services of the Nordic countries and other partner states in Europe.