

Information on Covid-19 in English



We urge everyone to use official, reliable information about the Covid-19 epidemic.

>> Covid.is

The Icelandic Directorate of Health, the Department of Civil Protection and Emergency Management offer constantly updated information and rules at **covid.is**, where you can easily find out all of the following:

- Iceland's response to Covid
- How to avoid infection
- Groups at risk
- What to do if you think you are infected
- Isolation and quarantine
- Who to contact if you are in need of further assistance
- ...and more

>> Local Covid Hotline

Your regional health care service, the Health Institution of East Iceland, has opened a special hotline for Covid-19 information and counseling. This service is available in both Icelandic and English and is open 8:30-12:00 and 12:30-15:30, Monday to Friday: **470-3066**

Informacje o Covid-19 w j zyku polskim



Zach camy Was do szukania oficjalnych i wiarygodnych informacji na temat epidemii Covid-19.

>> Covid.is

Witryna **covid.is** prowadzona przez Islandzki Departament Zdrowia oraz Departament Ochrony Ludno ci i Zarz dzania Kryzysowego, oferuje stale aktualizowane informacje i zasady na temat:

- Reakcji Islandii na Covid
- Jak unikn zaka enia
- Grupy ryzyka
- Co zrobi, je li podejrzewasz, e jeste zara ony
- Izolacja i kwarantanna
- Z kim si skontaktowa, je li potrzebujesz pomocy
- ...i wi cej

>> Covid infolini

Lokalna sku ba zdrowia uruchomiła specjaln infolini w celu mo liwo ci uzyskania informacji i porad dotycz cych Covid-19. Informacje dost pne s w j zyku islandzkim i angielskim w godzinach 8:30-12:00 i 12:30-15:30, od ponied- ziaku do pi tku: **470-3066**

