



### **Guidelines for persons in self-isolation as close contacts of a confirmed case for COVID-19**

The person evaluated as a close contact of a confirmed case (the criteria can be found at <https://www.pio.gov.cy/coronavirus/>) is considered to be a suspected case and will have to follow the instructions given by the Ministry of health, otherwise there is legal liability for violation of the Law.

#### **Guidelines for the isolation at home:**

- Ideally, each person should be staying alone in the house. If this is not possible, the suspected case isolates in one room, in which the rest of the family members will not use in any situation. If there are more than one person who is considered a suspected or a confirmed case, they should be isolating separately.
- The room, in which the suspected case will be isolating, should be sufficiently ventilated.
- Leaving the house is forbidden\*.
- No visits are allowed.
- The separate use of utensils and kitchenware is suggested. If this is not possible, then a good cleaning should be done, before and after each use with a common detergent, wash and dry.
- The use of a separate bathroom/toilet is suggested. If this is not applicable, the room should be disinfected as stated by the guidelines of the Health Services ([https://www.pio.gov.cy/coronavirus/pdf/3\\_4.pdf](https://www.pio.gov.cy/coronavirus/pdf/3_4.pdf)).
- If there is a scheduled trip prior to the release date, it is NOT allowed. Exception is allowed in the cases where the permanent residence is not in Cyprus; it should be processed under communication with the Epidemiological Surveillance Unit for information and instructions.
- Transportation is ONLY allowed in cases of a medical emergency and after communicating with the Private Doctor or with 1420. Where applicable, the transportation should be taking place with no escort and only with a private vehicle (no bus or taxi).
- Until the end of the period of self-isolation, and garbage should be put in a double-bag and be kept for 72 hours in a separate place for the usual one. After 72 hours, can put back in the usual place of collection.
- In cases, where the above is not possible, there is quarantine provision with **additional cost** in a hotel, for more information call: 22691345. (This cost will be completely covered by the Ministry of Tourism, if the close contact happens to be a passenger on a flight where the confirmed case was found and was contacted by the Ministry of Health for instructions.)
- If the suspected case is under the age of 15 years old or is a person who requires constant care and is not independent, then one of the parents/guardians/carers can isolate with the suspected case,



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in order to attend to their needs and can request for a special time off. For the person who chooses to isolate with the suspected case, the same instructions apply for the isolation at home and isolation from the rest of the people living under the same roof, as applied for the confirmed cases.

#### Next contact/release

- The isolation period is determined at 14 days\*\*. The person evaluated as a close contact may be released from isolation earlier than the 14 days, only if a swap sample was taken on the 10<sup>th</sup> day since the last day of contact with the confirmed case and the PCR result is negative.
- The isolation period begins from the day of the last contact of the confirmed case and NOT from the day that the person was informed\*\*\*. The day of last contact is considered day zero and the isolation days begin count from the following day.  
Once a person has been registered as a close contact by the confirmed case, an official from the Ministry of Health will come in telephone contact with the suspected case within the following days to schedule a test appointment. The instructions regarding the place and means of transportation will be given over the phone. From the tracing process, **one** free test is allowed to each close contact.
- The test result will be announced via text message withing the following 72 hours.
- The quarantine expires automatically after the completion of the quarantine period without any further contact.
- If the person evaluated as a close contact either refuses to proceed with testing or was not contacted to proceed to one, is allowed to get back to their daily routine after the 14 days since the last day of contact with the confirmed case have been completed; that is, if no symptoms have been presented during the isolation period.
- The only exception to leave the quarantine is only for testing on the day of your appointment from the government or for urgent medical reasons. Close contacts are not allowed to leave their self-isolation to get tested on a rapid test spot or private laboratory. This should be considered as breaking their quarantine.

#### General Practitioner (GP)

- The GP should be informed of the situation, only in the case of the development of symptoms. The doctor may proceed to the request of another test, if deemed necessary.
- It is suggested that the temperature is measured on a daily basis by the individual.
- In the case where there is no GP, the person may contact 1420.



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### Certificate of absents for Public Health Reason

- There is a possibility of ensuring a certificate from work by the Ministry of Health to people who have been evaluated as close contacts of a confirmed case. The corresponding document is attached, however, it can be completed electronically in the following link:
  1. On the website pio coronavirus, under the “Information/Guidelines” tab, the document [Application for the issuance of an absence from work Certificate for Public Health Reasons](#) .
  2. It should be filled in and sent after the completion of the quarantine either by fax 22771496 or via email to [smichael@papd.mof.gov.cy](mailto:smichael@papd.mof.gov.cy), as stated on the document. The certificate will be sent back with the same means.
  3. The certificate of absence from work for public health reasons, which is issued by the Ministry of Health, should be filed to the Employer or to the Social Security Services.

**For general information, contact 1412 (08:00-20:00).**

**For further instructions and clarifications, you may contact the Contact Tracing Team either by telephone at 22771923 or via email at [contacttracing2@moh.gov.cy](mailto:contacttracing2@moh.gov.cy) .**

**In order to register and the development or deterioration of existing symptoms, contact your private doctor or 1420 (24hour service).**

*\*Isolation at home may be monitored by home-visit or telephone checks. The persons in home isolation are obliged to comply with the isolation guidelines. In the case of no compliance, they will be considered legally responsible.*

*\*\*Returning to work before the completion of the 14 days may be approved for medical staff of public and private medical centres, after confirming with the local infection committees or the safety manager of the hospital where they work. However, they are not exempt from social isolation in terms of their social and family contacts.*

*\*\*\* In case the close contact is not isolated separately from the confirmed case, then the day of the beginning of their isolation will begin from the day of the release of the positive case (since until the last day before its release the positive person is potentially contagious).*

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Medical Services and Public Health Services



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**Topic: Application for the issuance of an absence from work Certificate for Public Health Reasons**

Persons who request the issuance of a Medical Certificate for Public Health Reasons, will have to fill in the following personal information.

**Date of request\*:**.....  
(make sure the form is filled in and sent after the completion of the isolation period)

**Full Name\*:**.....

**Identification Number\* or Passport Number\*** .....  
(attached copy)

**Permanent Address\*:**.....

.....

**Telephone Number\*:**.....

**E-mail/Fax Number\* :**.....

**Name of confirmed case\*:** .....

**Date of last contact with confirmed case\* :** .....

**Date of first day of isolation\***.....

**Relationship with confirmed case (note accordingly, e.g. Colleague, Classmate, etc.)\***

.....

**Date and time of arrival\*:** .....

Attach copy of **travel documents** (boarding pass or travel tickets), with which the date of arrival in Cyprus is confirmed.

**Signature\*:** .....

\*Mandatory fields

The form should be sent either by fax at 22771496 or via email: [smichael@papd.mof.gov.cy](mailto:smichael@papd.mof.gov.cy)