



REPUBLIC OF CYPRUS
MINISTRY OF HEALTH

MEDICAL SERVICES
PUBLIC HEALTH SERVICES
1449 NICOSIA

Guidelines for confirm COVID-19 cases

COVID19 confirmed cases with mild symptoms and without any serious underlying diseases (e.g. cardiac/respiratory disease, kidney dysfunction, immunosuppression) can self-isolate at home. The same applies for confirmed cases who have been hospitalized and were discharged from the hospital; they can continue their remaining isolation period at their home. This decision should be taken after telephone evaluation by their General Practitioner (GP) and previously ensure the appropriate conditions of isolation in their house, as well as frequent communication with a health professional. If the application of all the following guidelines is not possible, there is provision of free public quarantine at EDEN Rehabilitation Center in Tersefanou, Larnaca.

Guidelines for home isolation

- Ideally, each confirmed case should be living in their own house. If this is not possible, the person confirmed with COVID-19 must be isolated in a room, which the rest of the family members/housemates would not be using, under any circumstances.
- The room in which the confirmed case will use to isolate, should be well ventilated.
- The confirmed cases are not allowed to leave their house. *
- No visitors are allowed.
- It is suggested that they use separate cutlery and any other kitchenware from other housemates. If this is not possible to achieve, disinfection with any common disinfectant/soap after each use and then dry well is advised.
- It is suggested that a separate toilet and bathroom are used from other housemates. In case where this cannot be applied, the toilet and bathroom should be disinfected each use according to the instructions of the health services (<https://www.pio.gov.cy/coronavirus/en/pdf/enpa.pdf>).
- If there is a scheduled trip/voyage before the official release date, it is FORBIDDEN for this trip to take place.
- Exception to leave the home isolation is ONLY permitted in cases of medical emergencies and after telephone approval by the general practitioner (GP) of the suspect case or by calling 1420. In that case, transportation should be unaccompanied and only by personal vehicle or ambulance, the use of public transportation is forbidden (e.g. bus or taxi).
- Until the end of the isolation period, waste should be placed in a double well-sealed plastic/waterproof waste bag and stored for 72 hours in a separate area from the usual collection point. At the end of 72 hours they can be placed in their usual collection area.



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General Practitioner (GP)

- The confirmed cases must inform their GP for their positive result.
- Daily temperature monitoring is suggested from the individual.
- Frequent contact with the GP is suggested every 24 to 48 hours. If symptoms appear GP should be notified immediately.
- In the cases where a GP is not available, the patient can contact the 1420 hotline to report their symptoms.
- For the release protocol the case should contact the GP. In case the case doesn't have a GP in Cyprus, the case should call 22 605306.

Sick Leave

- The sick leave, where required, is issued by the GP.

The positive case detects and informs about his close contacts

Close contact is defined as:

- A person who lives with a confirmed case.
- A person who has had direct physical contact with a confirmed case (eg. handshake).
- A person who has had unprotected contact with confirmed infectious aerosols.
- A person who had face-to-face contact with a confirmed case at a distance of less than 2 meters and lasting more than 15 minutes.
- A person found indoors (eg classroom, cinema, hospital waiting areas, etc. with a confirmed case for more than 15 minutes and at a distance of less than 2 meters.
- A healthcare professional or other person providing health care in a COVID-19 case, or laboratory personnel handling a confirmed case sample without using the appropriate protective equipment or if there was a rupture in its integrity.
- Companion on an aircraft sitting up to two rows (in each direction) from a confirmed case, persons traveling together or caring for the patient, crew members serving the part of the airplane where the patient was sitting (possibly all passengers sitting in the same section) even all the passengers of the flight can be considered as close contacts if due to the existence of serious symptoms of the patient and movements of the patient in the aircraft entails a more extensive exposure)

The contact tracing procedure is only interested in finding the contacts that are in highest risk. Those individuals should have a close contact with a confirm case 2 days before the symptom onset date or 2 days before testing date for asymptomatic confirm cases.



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The case should complete an [Excel file](#) and send it to contacttracing@moh.gov.cy. All the contacts that does not meet the close contact criteria are considered low risk contacts and should not be included on the table.

The details of these people will be forwarded for a test and will be contacted from the corresponding department for the arrangement of the appointment within the following days, starting from the day we will receive the completed document. Simultaneously, they will receive a text message on their phones with the instructions for their isolation as well as the process of receiving the confirmation for their work absence.

Please inform your contacts to remain isolated until they receive the instructions.

Isolation instructions for close contacts can be found at the link [Isolation guidelines for suspected COVID-19 cases.pdf \(pio.gov.cy\)](#)

Instructions for the completion of the file:

Fill the name and the id/passport number of the positive case on the first row, yellow area (above the table).

The close contacts should be included on the table below. Each detail should be written in a separate cell under the corresponding title of each column and in the given format, where applied (e.g. Mobile Telephone Number and Date of Birth). In the column "Province of Residence" there is a drop-down list to choose from. The Province of Residence is required so that the appointments are booked accordingly by the Public Health Services.

With regards to the telephone number, it is required so that we can communicate with your contacts.

On the Type of Contact column, it is important to select from the drop-down list for the contact you had with each person separately, as well as the date of the last contact you had with them, so that the investigation can be easily processed through.

On the last column, you may include anything you would like to mention to our unit, or anything that you consider important for us to know.

We emphasize the fact that it is essential to include ALL of your CLOSE CONTACTS, so that they can be evaluated and given the correct instructions for the safety of the public health and to avoid further dispersion of the virus in our community.

The people included on this list will be scheduled for a test and will remain in isolation for 14 days, regardless of the test result.



REPUBLIC OF CYPRUS
MINISTRY OF HEALTH

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It is very important that you complete the details of your contacts correctly, otherwise any communication with them will be impossible and their appointment will not be booked. for the completion of the document:

Please fill the name and the id/passport number of the positive case on the first row, yellow area (above the table).

The close contacts should be included on the table below. Each detail should be written in a separate cell under the corresponding title of each column and in the given format, where applied (e.g. Mobile Telephone Number and Date of Birth). In the column "Province of Residence" there is a drop-down list to choose from. The Province of Residence is required so that the appointments are booked accordingly by the Public Health Services.

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It is very important that you complete the details of your contacts correctly, otherwise any communication with them will be impossible and their appointment will not be booked.

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

To report any symptoms, contact your GP or 1420 hotline (24 hours).

**For any further instructions and clarifications, contact the Contact Tracing Team
22771923 ή στο email contacttracing2@moh.gov.cy.**



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**Home quarantine may be monitored by either on-site or telephone checks. People under house isolation are required to comply with the regulation. In case of non-compliance, they may be exposed to legal actions.*

Medical Services and Public Health Services

Ministry of Health

17/12/2020