



**REPUBLIC OF CYPRUS  
MINISTRY OF HEALTH**

**Guidance for Isolation of Contacts of COVID-19 Infection in the Home**

Close contacts of suspected or confirmed case of COVID-19 infection (e.g. family members, friends, colleagues) should self- monitor their health and check their temperature twice daily from the last day of contact with the patient for 14 days. They should maintain regular communication with their personal doctor for the duration of the 14 days.

During the 14 days isolation, the following conditions should be applied:

- The contact should stay alone in a well- ventilated room
- Carers should be kept to a minimum ideally only one person should care for the contact and this person should not belong to a vulnerable patient group (e.g. elderly, or chronic disease)
- Visitors should not be allowed
- The rest of the family members should stay in a separate room if possible, maintaining distance of 2 m from the contact
- Movements of the contact should be kept to a minimum
- Good ventilation should be maintained in common spaces
- Careful handwashing should be carried out before and after any contact with the person or their environment (objects, room), before and after preparation of food, after using the toilet (wash with liquid soap and water or alcohol-based hand sanitiser if the hands are clean
- When coughing or sneezing the mouth and nose should be covered
- Careful disposal of items used to cover nose and mouth should be carried out and followed by careful handwashing
- Contact should be avoided with any biological fluids especially saliva, sputum or any other respiratory secretions or contact with faeces should be avoided with bare hands, disposable gloves should be used followed by hand hygiene
- Contact should be avoided with potentially contaminated objects e.g. plates, cups, knives and forks, towels, sheets which can be reused after careful cleaning



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- Cleaning and disinfecting surfaces and objects in the contact person's room should be carried out daily with household detergent or soap, careful rinsing and disinfection with chlorine 1:30 if 3% dilution is used
- Cleaning of the toilets should be carried out in the same way.

If the contact person should develop symptoms of respiratory illness (e.g. fever, cough, sore throat, shortness of breath) the personal doctor should be contacted immediately or if there is no personal doctor, the emergency ambulance call centre 1420 for further guidance.

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Medical and Public Health Services

Ministry of Health

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