



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 confirm 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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Next Update/Release:

After the 14 days from the confirmed positive sample, a member of the Release Team of the Ministry of Health will call the positive case, in order to inform them about the next steps:

- Both symptomatic and asymptomatic COVID-19 cases require 2 consecutive negative upper respiratory samples (nasopharyngeal, pharyngeal) at least 24 hours apart to be released from quarantine. Time of follow up testing: 14 days after the first sampling with the positive result. In the case of a symptomatic person, at least 3 days of apyrexia (without the use of antipyretics) and absence of respiratory symptoms are required before taking the 1st follow up sample (the expenses of the follow up tests are covered by the Ministry of Health).
- If the result of the first follow-up test is negative, then another free follow-up test will take place within the next 48-72 hours from the first test. If the second follow-up test is also negative, then the person is released from quarantine.
- If either of the two follow-up tests is positive, the quarantine period extends with an addition of 7 days from the 14th day, **for a maximum time of isolation: 21 days.**
- The cases may return to work and activities after their release. Nevertheless, the released cases must apply all the measures of personal protection, hand hygiene and social distancing. The same applies for the use of surgical masks as to the general population and employees.

In any case, the release from the quarantine takes place ONLY after a telephone call from the Release Team of the Ministry of Health.

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.



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Sick Leave:

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

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 (22514241-5).

**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

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