



REPUBLIC OF CYPRUS  
MINISTRY OF HEALTH

MEDICAL SERVICES  
PUBLIC HEALTH SERVICES  
1449 NICOSIA

### **Guidelines for confirmed COVID-19 cases and their contacts**

If you test positive for COVID-19 it is recommended to:

- Self-isolate from other people for at least 5 days from diagnosis or as directed by your Personal Doctor. Avoid contact with people who are at increased risk of becoming seriously ill (pregnant women, people aged 60 and over, people who have weakened immune systems). The isolation of cases is no longer mandatory in the Republic of Cyprus but is considered an important measure to prevent the spread of the virus and is an individual responsibility of each citizen.
- Inform your Personal Doctor about the positive result and about your possible symptoms or their worsening in order to receive a medical assessment, relevant treatment and sick leave if necessary
- Wear a dual disposable medical face mask or high-protection mask (FFP2, N95) if you need to be around other people for at least 10 days of diagnosis

In addition, it is recommended to follow the COVID-19 prevention measures described below.

#### **Transmission of the virus - Measures to prevent the spread**

The SARS-CoV-2 virus is transmitted very easily through close contact with infected people (distance less than 2m). Most people manifest mild symptoms or none at all, but in some cases the symptoms may be intense and medical care or hospitalization may be necessary.

The virus is transmitted from person to person mainly through the respiratory system by inhalation of the infected droplets. Small droplets containing the virus are released through breathing, talking, coughing or sneezing. Also, to some extent the virus can be transmitted through surfaces recently contaminated by these droplets.

The probability of transmission is greater in the first five (5) days of illness but the virus may be transmitted for a longer period.

It is more likely that the virus will be transmitted indoors and in crowded places.

The virus is transmitted even if you have no symptoms, are fully/recently vaccinated or have had COVID-19 before.

#### **The following prevention measures are recommended to prevent the spread of the virus:**

- People with active symptoms to isolate themselves in a room that is not used by other members of the house (if possible)
- Choose work from home/telework. When teleworking is not possible, consult with the employer on the options that can be implemented so that there is no contact with other people
- Good ventilation of the living room and bed room



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- Limit travel outside the home to what is absolutely necessary
- Avoid indoor or crowded areas or places that do not have adequate ventilation
- Wash your hands frequently with soap and water or antiseptic solution
- Cover your nose and mouth with the inside of your elbow or tissue when coughing and sneezing

For positive cases living in nursing homes, rehabilitation centers, migrant accommodation centers and prisons, if their clinical condition allows it, then it is suggested that they remain self-isolated in their place of residence to limit the spread to other vulnerable people. It is allowed to stay together with other positive cases in a predetermined area (determined by each competent service) in case the cases cannot be isolated in an individual ward.

In addition, there are specific protocols by competent authorities for:

- Residents of nursing homes and rehabilitation centers and other structures
- Migrant accommodation centres and prisons or detention centres
- Inpatients

#### **Leave / Certificate of Illness / Safe Pass / European Digital Certificate of Recovery**

- The sick leave, if required, is issued by the Personal Doctor of the case. In case the case does not have a Personal Doctor, the license/certificate will be issued by the attending physician.
- The issuance of the European Digital Certificate of Recovery, in case it needs to be issued for travel or other use purposes, is done through the portal <https://www.eudcc.gov.cy/> seven (7) days after diagnosis, provided that the positive laboratory result has been correctly registered in the results registration system. In case of failure to issue the certificate, please contact 22421600 telephone number or [eudcc.recovery@moh.gov.cy](mailto:eudcc.recovery@moh.gov.cy).

#### **The person diagnosed with COVID-19 should identify and inform their close contacts accordingly**

Close contacts, regardless of vaccination coverage and recent illness, are not required to self-isolate. However, contacts are advised to undergo a test after being informed of the case and between the 3rd and 5th day from the date of their last contact with the case.

It is recommended that the results of self-tests be confirmed by a rapid-test or PCR test in a clinical laboratory/pharmacy/mobile units.

For healthcare professionals working in hospitals, return-to-work instructions may vary depending on the instructions they receive from the infection committees of the hospital where they work.



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For close contacts of cases residing in nursing homes or rehabilitation centers, the special protocols of the Ministry of Health and the Deputy Ministry of Social Welfare should be applied.

**For any information about COVID-19 you can contact 22421600 phone or email [contacttracing@moh.gov.cy](mailto:contacttracing@moh.gov.cy) (Monday-Friday 08:00-16:00).**

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