



REPUBLIC OF CYPRUS
MINISTRY OF HEALTH

**MEDICAL SERVICES
PUBLIC HEALTH SERVICES
1449 NICOSIA**

Revised guidelines for confirmed COVID-19 cases and their contacts

All self-tests with positive result should be confirmed with PCR or Antigen-Rapid testing performed by a laboratory, pharmacy or mobile unit that will register the result on a special platform.

All confirmed cases receive their result, via sms on the mobile phone they gave upon sampling. If the cases do not receive the sms, they should still isolate and contact the laboratory that performed the test directly to check if all their contact details were sent correctly to the Ministry of Health.

COVID19 confirmed cases with mild symptoms can self-isolate at home for the isolation period that is needed (see release protocol at <https://bit.ly/3ziQi2X>). The same applies for confirmed cases who have been hospitalized and were discharged from the hospital. This decision should be taken after telephone evaluation by their doctor 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 isolation guidelines is not possible, or if vulnerable people present in the same house then the case should be isolated on another private accommodation (expenses are covered by the case). Free transportation can be arranged by calling 22605678 or through email: contacttacing8@moh.gov.cy (Monday-Friday 08:00-20:00, Weekend/Holidays 10:00-18:00).

If a person with a positive COVID19 test stays in a hotel room, this person can continue stay in the hotel for the rest of isolation period -if the hotel allows it- but the use of any public used spaced is strictly prohibited. Private house/apartment or villa rent arrangements can also be made by the individual with own expenses if the isolation within a hotel is not possible. A free transportation can be arranged by calling 22605678 or through email: contacttacing8@moh.gov.cy (Monday-Sunday 08:00-20:00).

For positive cases living in nursing homes, rehabilitation centers, immigration centers and prisons, if their clinical condition allows, then they should remain in self-restriction in their place of residence. Staying in a predetermined area (determined by each competent service) with other positive cases is allowed if they cannot be isolated in an individual ward. If it is deemed necessity to transfer a case to a hospital then it can be done after consultation with the ambulance service if they are not self-serving persons otherwise, they can use the specially configured vehicle of the Ministry of Health after consultation. To transport a prisoner to a hospital, it should be done with a police escort.



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Vaccinated people that have a positive laboratory result for SARS-COV-2 and/or had previous infection also need to isolate and must follow the instructions below as any COVID19 case.

Guidelines for home isolation

- Ideally, each confirmed case should stay in their own house. If this is not possible, the person with COVID-19 must be isolated in a room, not used by the rest of the household members 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, disinfection with any common disinfectant/soap after each use and then dry well is advised.
- It is suggested that a separate toilet and bathroom be used from other housemates. In case this cannot be applied, the toilet and bathroom should be disinfected after each use according to the instructions (<https://www.pio.gov.cy/coronavirus/pdf/enpb.pdf>).
- Used bed linen, towels, curtains and clothing must be washed in the washing machine at a temperature (60°-90°C) using detergent. If the nature of the fabric does not allow the use of high temperature, bleach or other suitable disinfectant specific to fabrics should be added to the wash.
- 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 doctor of the positive case. In that case, transportation should be unaccompanied and only by personal vehicle or ambulance; 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.

Role of the Private Doctor

- The confirmed cases must inform their doctor about their positive result.
- Daily temperature and oxygen saturation monitoring.
- Frequent telephone contact with the doctor is suggested every 24 to 48 hours. If symptoms appear, the doctor should be notified immediately.
- In case a doctor is not available, the patient can contact the ambulance services hotline to report their symptoms.
- The case's doctor issues a sick leave after the recovery of the patient



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Discharge

- If the positive case does not present any active symptoms or has a significant improvement in the existing symptoms the case can be released on day 7. Otherwise, the Personal Doctor must be informed and is possible to extend the isolation period of the case, if necessary. According to the latest revised protocol the case is automatically discharged on the 7th day, counting the date from the sampling date of the first positive result (the first day considered as day zero). The case can return to his routine as his health condition allows. For example, if a case was tested positive on Monday, can be discharged and returns to his/her routine the following Monday.
- The positive case has the option to conduct PCR testing with own expense in a laboratory approved by Ministry of Health at the 5th – 6th day of isolation and be discharged on the same day if the PCR test is negative. It is important that the laboratory should be informed before the arrival of the positive case. All protective measures should be strictly applied.
- For immunosuppressed patients, patients with serious health problems, residents of shelters for vulnerable population groups, or patients with serious/continuous symptoms may follow a different discharge protocol (see discharged protocol at <https://bit.ly/3ziQi2X>)
- Cases will be informed via sms about the discharge from the previous evening. This message can be used for returning to work, school etc. For receiving the discharge sms and for the officially discharging of the case the electronic registration from the testing site is necessary.

Sick Leave/ Recovery Certificate/ Safe Pass/ European Union Digital Covid Certificate (EUDCC)

- A sick leave certificate, is issued by the Private Doctor for all COVID19 cases or in the absence of doctor the case can contact covidfollowup@moh.gov.cy or call 22605306.
- To issue an EUDCC (European Certificate) all recovered patients can visit the link <https://www.eudcc.gov.cy/>. In case of inability to issue the certificate, the case should contact the recovery team by telephone 22605687 or by email eudcc.recovery@moh.gov.cy.

The COVID19 case detects and informs his/her 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, play).
- A person who has had unprotected contact with confirmed infectious aerosols.



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- 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, or frequent contacts at a distance of less than 2 meters within 24 hours.
- A person found indoors (eg classroom, cinema, hospital waiting areas, car 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 to 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/bus 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 serious symptoms of the patient and movements of the patient in the aircraft (entails a more extensive exposure)

Close contacts are not obligated to self-isolate but are advised to get tested with 2 rapid tests (on day 3 and 5 of last contact). Close contacts of a COVID-19 case should avoid physical contact with vulnerable people and call their Personal Doctor in case of symptom presence.

Special protocols may apply for Healthcare workers or people working with vulnerable population.

For general information about the COVID-19 disease call 1474 (Monday-Sunday 08:00-20:00).

To report aggravation of symptoms inform your Personal Physician or call the ambulance service line 22887171 (24-hour operation).

For any questions regarding self-restriction and the release protocol, you can contact 22421600 or email contacttracing2@moh.gov.cy (Monday-Sunday 08:00-16:00).

*Home quarantine may be monitored by either on-site or telephone checks. People under house isolation are required to comply with regulations. 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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