



REPUBLIC OF CYPRUS
MINISTRY OF HEALTH

**MEDICAL SERVICES
PUBLIC HEALTH SERVICES
1449 NICOSIA**

Revised guidelines for confirmed COVID-19 cases and their contacts

Respiratory infection caused by the SARS-CoV-2 virus (COVID-19) is a mandatory notifiable disease in the Republic of Cyprus. **All positive self-test results should be confirmed** by a molecular test (PCR) or a rapid antigen detection test (rapid test) and registered on a special platform of the Ministry of Health by the laboratory, pharmacy or mobile unit of the Ministry of Health that carries out the test examination.

All confirmed cases receive their test result by text message (SMS) – to the mobile phone they provided during their sampling. In the event that the person did not receive the SMS with their result within the day of sampling, they should contact the laboratory / pharmacy / mobile unit where their test was carried out, to confirm that the positive test has been reported to the Ministry of Health, as and that the personal information was entered correctly by the person who performed the test.

If you have a positive PCR or Rapid Test result for the disease COVID-19, it is recommended to:

- Inform your physician about the positive result and about your related symptoms in order to obtain a medical assessment, relevant treatment and sick leave if deemed necessary
- Isolate from other people for at least 5 days after diagnosis or as advised by your physician
- Wear a double disposable medical face mask or high protection mask (FFP2, N95) if you must meet other people for at least 10 days after diagnosis

If symptoms develop or worsen, inform your physician.

Transmission of COVID-19

The SARS-CoV-2 virus is very easily transmitted through close contact with virus-positive individuals. Most people show mild symptoms, but in several cases the symptoms can be severe and require medical treatment or even hospitalization.

When someone with COVID-19 breathes, talks, coughs or sneezes, they release tiny droplets that contain the virus. The virus is transmitted from person to person mainly through the respiratory system by inhaling these infected droplets. Also, the virus can be transmitted by contact with surfaces recently contaminated by these droplets.

The virus is more likely to be transmitted indoors and in social settings. People are most infectious in the first 5 days, but may remain infectious for longer.



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The virus is also transmitted if:

- you have no symptoms
- if you are fully vaccinated
- if you have been previously infected and recovered from COVID-19

Self-isolation is no longer mandatory in Cyprus Republic for cases diagnosed with COVID-19 but the following preventive measures are recommended to prevent transmission of the virus to others.

Measures to prevent transmission of COVID-9

- Ideally, the person with active symptoms is isolated in a room, which the rest of the household members will not use
- If it is possible, choose to work from home / remotely. If remotely working is not possible, discuss with the employer about other options that can be implemented to avoid contact with other people
- Use a face mask that fits comfortably over the face and has more than 1 layer (double disposable medical mask, high protection FFP2/N95 masks) if you are in a room with other people
- Keep windows open in common-used rooms to let in fresh air
- Friends, family, neighbors or distributors (delivery) can supply food and other necessary goods to the cases to limit their movements outside the home
- Indoor or crowded areas (including public transport or large social gatherings) or places with insufficient ventilation should be avoided. If a case absolutely must leave the house, then it is recommended that they wear a mask, wash their hands frequently with soap and water or an antiseptic solution and avoid contact with other people or surfaces
- If overseas travel is planned it is best to avoid it, but if you must travel you should check the public health advice, document requirements and COVID-19 restrictions in place in the country you are travelling to

Strong recommendation that needs attention!

If you have been diagnosed with COVID-19 avoid, contact with people who are at increased risk of getting seriously ill from COVID-19. This includes pregnant women, people aged 60 and over and people who have a weakened immune system. For this reason there are special protocols for hospitals, nursing homes and nursing homes for:

- Residents in nursing homes and rehabilitation centers
- Migrant reception centers and prisons or detention centers
- Patients in health care centers, hospitals etc



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For positive cases living in nursing homes, rehabilitation centers, immigration centers and prisons, if their clinical condition allows, it is recommended to remain self-confined in their accommodation to limit the spread to other vulnerable people. Staying in a predetermined area (determined by each competent service) with other positive cases infected with the same virus is allowed if they cannot be isolated in an individual ward. If it is deemed necessary to transport 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 upon request. To transport a prisoner to a hospital, police escort is required.

Sick leave/ Sickness Certificate / Safe Pass / European Digital Certificate of Recovery

- The sick leave, if required, is issued by the physician of the case. In case the case does not have a Personal Doctor, the permission/certificate will be issued by the Release Team of the Ministry of Health, upon request to covidfollowup@moh.gov.cy or by phone at 22605456.
- The issuance of the European Digital Certificate of Recovery, in case it needs to be issued for reasons of travel or other use, is done through the portal <https://www.eudcc.gov.cy/> assuming that the positive laboratory result has been correctly registered the day of the testing in the registration system. In case of inability to issue the certificate, you can contact the telephone number 22605456 or the send an email at eudcc.recovery@moh.gov.cy

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

Close contacts, regardless of vaccination coverage and recent illness, are not required to self-restrict. Nevertheless, it is recommended for all contacts to carry out sampling at their own expense on the day of their notification and between the 3rd and 5th day from the date of their last contact with the case and to avoid contact with vulnerable people especially if they show any symptoms. In case of symptoms, contact your Physician and repeat the examination.

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

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



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

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

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

Medical Services and Public Health Services
Ministry of Health
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