

Guidance on quarantine

Who needs to undergo mandatory quarantine?

Persons entering Malta after having travelled in any country must go into mandatory quarantine for 14 days from the last day from the date of their departure from the country. This is enforceable by law. Failures to observe this obligation will result in fines of €3,000 each time a person is found to be in breach of quarantine.

Persons living in the same households as any of the above persons must also spend 14 days in mandatory quarantine. This is enforceable by law. Failures to observe this obligation will result in fines of €3,000.

Persons who test positive for Coronavirus need to undergo mandatory quarantine. This is enforceable by law. Failures to observe this obligation will result in fines of €10,000 each time a person is found to be in breach of quarantine.

Persons identified by the Public Health Authority as close contacts of confirmed cases will also be put under mandatory quarantine for 14 days. People breaking the mandatory quarantine will be fined €3,000 each time a person is found to be in breach of quarantine.

What does quarantine mean?

Quarantine means self-isolation in your home, and not leaving for the 14-day period that you are required to isolate for. Do not allow visitors into the home. Those under quarantine should self-monitor their temperature twice daily.

Does this mean my family or other people I live with need to undergo quarantine?

Yes, the other members of the household have to undergo quarantine as well.

What happens when I end my 14 days of quarantine?

People who are not COVID positive and have undergone quarantine for 14 days without any symptoms are free to go about their usual activities.

Keeping spirits up while in quarantine

Being under quarantine can be frightening, particularly for young children. Suggestions include:

- Talk to the other members of the family about the infection. Understanding novel coronavirus will reduce anxiety.
- Reassure young children using age-appropriate language.
- Keep up a normal daily routine as much as possible.
- Think about how you have coped with difficult situations in the past and reassure yourself that you will cope with this situation too.

Reducing boredom while in quarantine

Being confined to home for an extended period of time can cause boredom, stress and conflict. Suggestions include:

- Arrange with your employer to work from home, if possible.
- Ask your child's school to supply assignments, work sheets and homework by email.
- Don't rely too heavily on the television and technology. Treat quarantine as an opportunity to do some of those things you never usually have time for, such as board games, craft, drawing and reading.
- Exercise regularly. Options could include dancing, floor exercises, yoga, walking around the garden or using home exercise equipment, such as a stationary bicycle, if you have it. Exercise is a proven treatment for stress and depression.
- Keep in touch with family members and friends via telephone, email or social media.

Why is Staying at home very important?

Staying at home helps to protect your friends, colleagues and the wider community. It will also help to control the spread of the virus. This may be difficult or frustrating, but there are things that you can do to make it easier. These include:

- Asking friends or family to drop off anything you need or order supplies online. Alternatively you can 21411411 for assistance. Make sure any deliveries are left outside your home for you to collect.
- Keeping in touch with friends and family over the phone or through social media.
- Keeping yourself busy by cooking, reading online learning and watching films.
- Taking online courses or classes to help you to exercise in your home.

What do I do if I am in quarantine and develop symptoms?

If you are a contact of a COVID 19 person and develop fever, cough or shortness of breath:

- Remain at home.
- DO NOT go to private clinics, emergency department, health centres, pharmacies or other healthcare facilities.
- Phone the Public Health Helpline on 111 for advice.