

WHAT TO DO IF YOU DEVELOP SYMPTOMS

If you develop any of the following symptoms:

- Fever _____
- Cough _____
- Shortness of breath _____
- Tiredness _____
- Sore throat _____
- Runny / blocked nose _____
- Headache _____
- Muscle pain _____
- Loss of smell _____
- Loss of taste _____
- Diarrhoea or vomiting _____



Please stay in your hotel room/temporary residence and call Malta's COVID-19 public health helpline on +35621324086 or book a test online at covidtest.gov.mt (please note that the helpline operates between 7am and 9pm). If symptoms develop while you are out, put on a mask, stay apart from the rest of your group and contact the helpline for guidance. Helpline staff will guide you and explain how you can get tested for COVID-19. This test is available free of charge for those experiencing symptoms or having had contact with a positive case. In most instances, you can get tested within a few hours of contacting the helpline. Test results are generally issued within 72 hours and can be communicated to you in various ways including SMS and email. If you have not received your results after 72 hours, send an email to covid19.results@gov.mt

Until test results are issued, you and those you are travelling with should remain in your/ their hotel room/place of temporary residence as you may be infectious to others. You should inform hotel staff that you have been tested for Coronavirus so they can take the necessary precautions when entering your room. Together with your test result you will also receive instructions from public health authorities explaining any other actions that are needed.

*For urgent medical care please call 112
Please help us keep Malta a safe holiday destination.
For more information, please visit covid19health.gov.mt*



COVID COMPLIANCE STICKERS

Tourist and dining establishments are required to follow COVID-19 safety protocols to safeguard their customers and employees. Look out for the 'COVID-19 compliant' stickers displayed at establishments that have been verified by Malta Tourism Authority inspectors to be following the COVID 19 safety protocol for their type of establishment.

TIME TO HEAD HOME?

You can head to visitmalta.com to see where you can book a swab test for your return. Don't forget to allow more time than usual for check-in and airport security due to the additional precautions that are in place due to COVID-19.



GOVERNMENT OF MALTA
OFFICE OF THE DEPUTY PRIME MINISTER
MINISTRY FOR HEALTH



Health Promotion & Disease
Prevention Directorate
Tel: 2326 6000, www.healthpromotion.gov.mt

WELCOME TO MALTA

How to stay safe



Now that COVID-19 transmission has reached low levels and we have re-opened our borders, we are doing our utmost to keep COVID-19 under control. Our vaccination campaign is keeping our population healthy and this will help keep YOU safe during your stay on our shores. Here's some information to keep you safe:

PROTECTING YOURSELF AND OTHERS FROM CORONAVIRUS

Keep up the following practices to avoid acquiring or transmitting the virus:

WASH YOUR HANDS

Wash your hands frequently with soap and water or alcohol hand-rub (minimum 70% alcohol concentration). You should rub your hands thoroughly for at least 20 seconds. If you are using soap and water, you should see a lather (bubbles forming). Follow the steps in the diagram below to ensure that you clean all areas of your hands. Wash your hands often, make sure to wash them:

- After blowing your nose, coughing or sneezing
- After going to the toilet
- Before and after eating and smoking
- after touching surfaces outside the home, especially frequently touched surfaces in public spaces (e.g. handrails, doorknobs, lift buttons, switches etc.)
- After visiting public spaces or using public transport
- As soon as you return to your accommodation



Wet hands with water



Use soap



Palm to palm



Fingers interlaced



Back of hands



Base of thumb



Fingernails



Rotationally rub wrists



Rinse hands with water



Dry hands with paper towel

USE RESPIRATORY ETIQUETTE

What does this mean? It means you should:

- Cover your nose and mouth with a tissue or the inner side of your flexed elbow when coughing or sneezing
- Make sure NOT to sneeze or cough into your hands as you may contaminate objects or people that you touch; if you cannot avoid this make sure to wash your hands immediately afterwards
- Dispose of used tissues immediately in a bin and wash your hands afterwards; DO NOT leave tissues running around



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

These are the sites through which the virus can enter the body and infect you. Since your hands can get contaminated with viruses by touching surfaces, you should not touch your eyes, nose or mouth with unwashed hands.

PRACTICE SOCIAL DISTANCING

Wherever possible you should maintain a distance of two metres from individuals who are not part of your family unit or who you are not sharing a room with while travelling. Please use the markings indicating two metres that can be found in public places, shops, cultural sites and other places that are placed to help you maintain a proper physical distancing, for example while queuing. Social distancing also includes not greeting people in ways that involve physical contact, such as hugs or handshakes. You can wave, nod or elbow knock instead.



WEAR A MASK

Evidence suggests that wearing face masks protects people against infection. Wearing a mask or visor is mandatory both indoors and outdoors, with the exception that as from the 1st of June masks/visors are recommended but not obligatory while at the beach.

Visors, cloth masks and surgical masks can all be used, but masks offer more protection than visors. It is recommended that respirator masks should be reserved for healthcare staff and other frontliners.

Masks may be of the single-use disposable type, or alternatively cloth masks which can be washed. Visors can be wiped down with alcohol prior to being re-used. All masks and visors should be disposed of properly once they are no longer needed.

AVOID CROWDING

As of 7th June 2021, no more than 6 people are allowed to gather in public unless social distancing is maintained. Similarly, no more than 6 people are allowed at the same table in restaurant or snack bar. These requirements may change as the situation evolves.

DOWNLOAD COVID ALERT MALTA, OUR COVID-19 CONTACT TRACING APP

This notifies users of having been exposed to COVID-19 without using identifying or geolocation data (the app is GDPR-compliant). Find out more at <https://covidalert.gov.mt/>

This is not a full list of the COVID-19 mitigation measures in place in the Maltese islands. Please ensure you follow the requirements for COVID-19 prevention that are communicated to you at any site you visit. Visit covid19health.gov.mt for more information.

