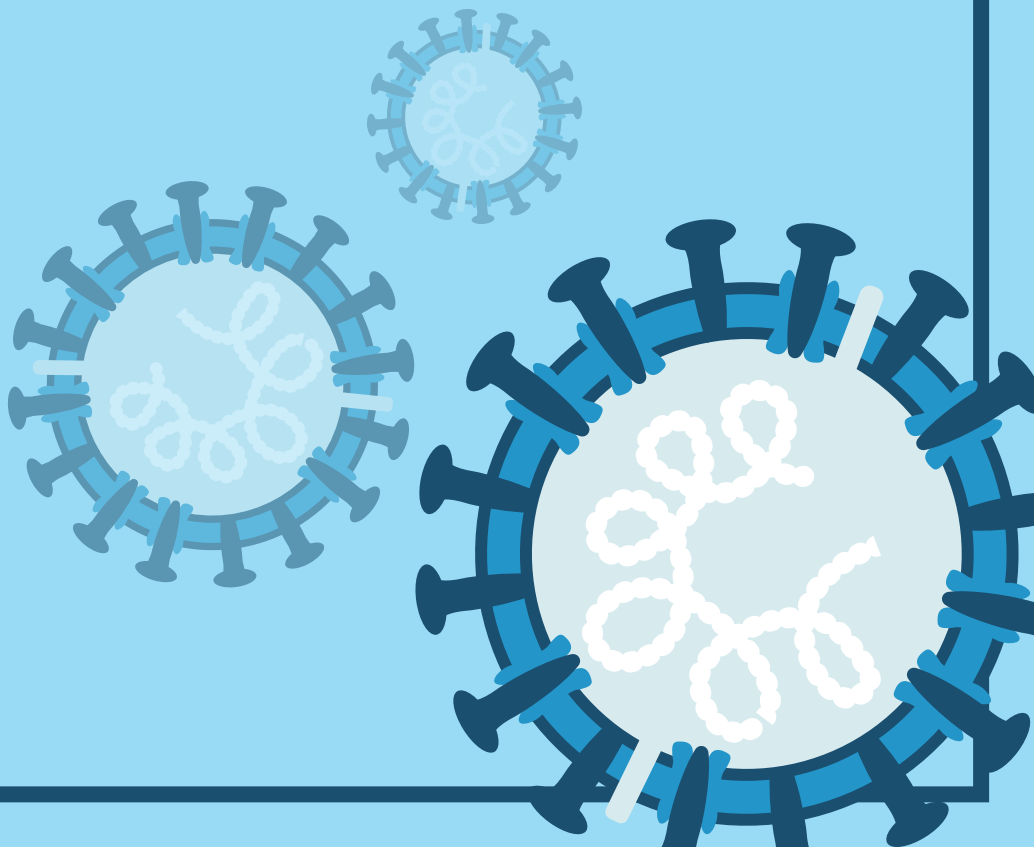
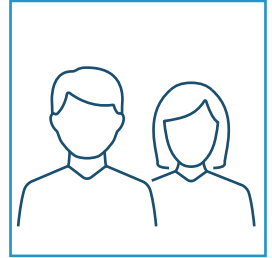


What You Need to Know If You are a contact of a positive case of COVID-19



I am a contact of a Covid-19 case but I do not live in the same household

If you are a close contact of someone who tested positive for COVID-19, living in a different household you must undergo mandatory quarantine for a period of days as advised by the Public Health Authorities. This is usually for 14 days from the date of last contact with the positive case. All members of the same household must also undergo the mandatory quarantine. The purpose of quarantine is to prevent the possible spread of COVID-19 and thus contain the infection.



Keep in mind that regular spot checks will be carried out during your period of mandatory quarantine. In accordance with Legal Notice 98 of 2020, any person in mandatory quarantine who was a contact of a positive case (and anybody living in the same household as the contact) are liable to a fine of €3,000 each time there is a breach of quarantine. If the close contact lives with a positive case (i.e. is a household member of a positive case), then the fine for breaching quarantine increases to €10,000.

Once the mandatory quarantine period starts, you must remain in the same address for the whole duration of quarantine. Requests to change the residential address where one is undergoing quarantine are not generally accepted and are only approved in exceptional circumstances following a case-by-case assessment and authorization by the Superintendence of Public Health.

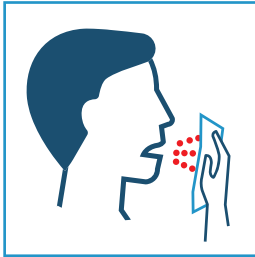
How do I protect myself and others from Covid-19?

- ✓ If you are a close contact of someone who is positive for COVID-19, minimize contact with people who live with you in the same household. Try to self-isolate, as much as possible, in a separate room (quarantine room) that is adequately ventilated.

To protect yourself and others, practice good hand hygiene and respiratory etiquette:



Wash your hands regularly with soap and water for at least 20 seconds, and if not available, use an alcohol-base hand disinfectant (at least 70% alcohol.)



Cover your nose and mouth with a tissue or the inner side of your flexed elbow when coughing or sneezing. Throw used tissues in a closed bin immediately.



DO NOT sneeze or cough into your hands as you may contaminate objects or people that you touch.



Avoid touching your eyes, nose and mouth before washing your hands.

10 STEPS TO CLEAN YOUR HANDS



Wet hands with water



Use soap



Palm to palm



Fingers interlaced



Back of hands



Base of thumb



Fingernails



Rotationally rub wrists



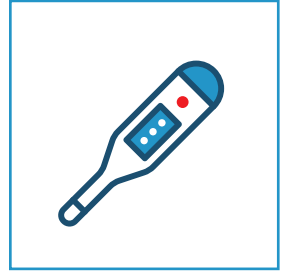
Rinse hands with water



Dry hands with paper towel

Monitor yourself for Signs and Symptoms of COVID-19

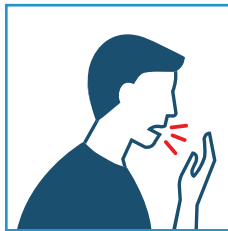
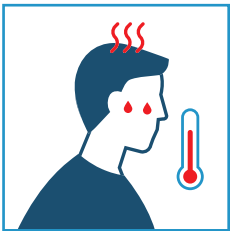
All the household members undergoing mandatory quarantine should self-monitor their temperature twice daily and be on the lookout for any signs and symptoms of COVID-19 infection described in the following section.



What are the signs of COVID-19 Infection?

Common symptoms of infection include fever, cough, shortness of breath, diarrhoea, loss of taste and/or smell, headache, beside other symptoms. Watch out for mild symptoms which may resemble the flu or a bad cold.

The elderly or immunocompromised people suffering from chronic conditions such as diabetes mellitus, respiratory conditions or has a weakened immune system (such as a person undergoing chemotherapy,) are more at risk of developing serious respiratory tract illness, such as pneumonia or bronchitis. (For further information refer to our website covid19health.gov.mt.)



Call the Public Health Authorities if you think that you have developed COVID-19

If you have any of the above symptoms, contact Public Health authorities on the **Covid-19 helpline 111**. If you have a foreign mobile number, call on **(+356) 2132 4086**. Make sure to advise that you are under mandatory quarantine as you were a close contact of a confirmed case of COVID-19 and have now developed symptoms. Do not go to your doctor, health centre or hospital. In the case of very severe symptoms, **call 112** immediately for emergency services.



When do I call 112 for medical assistance?

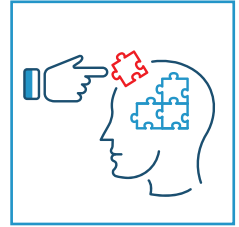
In case of a medical emergency **ONLY**, call 112. Seek immediate medical attention if you experience any of the following or your medical condition (if you suffer from chronic conditions) deteriorates in any way:



- ✓ Start having trouble breathing
- ✓ Persistent pain or pressure in the chest (chest pain)
- ✓ Bluish discolouration of the lips
- ✓ Become suddenly confused or disoriented.

Taking care of your mental health

During your quarantine you might feel disconnected from others and anxious about your health and the health of your loved ones. Staying in touch with your family and friends by phone or through social media, can be helpful.



If you, or any of your household members under quarantine, are/is feeling anxious or distressed, a mental help helpline is available 24/7 by calling 1770.

Tips on protecting your mental health



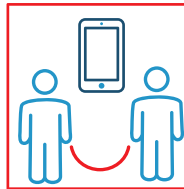
Follow regular schedules for waking up, dressing, eating, working, entertainment and going to sleep



Limit caffeine intake



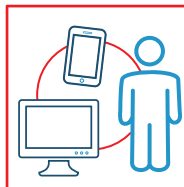
Establish objectives for each day as well for the whole week



Stay in contact with family, friends and colleagues.



Keep yourself informed but limit the time spent focusing on covid19 related information



You can also keep yourself connected online without speaking but being together



Keep your mind active; reading, writing, playing an instrument and doing jigsaw puzzles



Sit near a window/ balcony to enjoy daylight and sunshine. If you live alone you can sit outside in your yard, roof, or garden

- ✓ Being under quarantine can be frightening, particularly for young children. It is important to talk to them and help them understand what COVID-19 is. This will help in reducing their anxiety. Reassure young children using age-appropriate language.
- ✓ Treat quarantine as an opportunity to do some of those things you would not usually have time for, such as playing board games, crafts, 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. Exercise is a proven treatment for stress and depression. One can also follow online or TV exercise programmes.



What happens when I end my 14 days of quarantine?

If you and the other household members do not live with a positive case and did not develop any Covid-19 symptoms and remained negative after having completed your mandatory quarantine, you may recommence your usual activities as directed by Public Health Authorities.

Frequently asked Questions

How do I clean and disinfect my home?

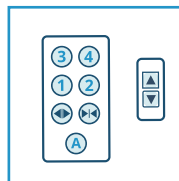
- ✓ It is important that you clean and disinfect surfaces that you touched such as door handles, light switches, bathroom fixtures, kitchen counters, bed side tables, electronics and telephones every day (For guidance regarding disinfection, refer to the section below)



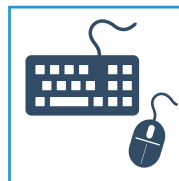
- ✓ Clean and disinfect soiled areas which have been contaminated, with blood, stool or body fluids
- ✓ While cleaning, wear disposable gloves. (If you require further information, kindly refer to www.covid19health.gov.mt)
- ✓ If possible, it is recommended that you clean the “quarantine room” and bathroom yourself. If this is not possible, the person who cleans it for you, should wear gloves and a mask. This person should wait for as long as possible before cleaning the bathroom after you made use of it last.



Doorknobs



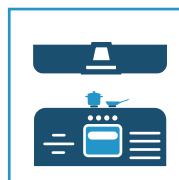
Lift buttons



Keyboard & mouse



Touch-screens devices

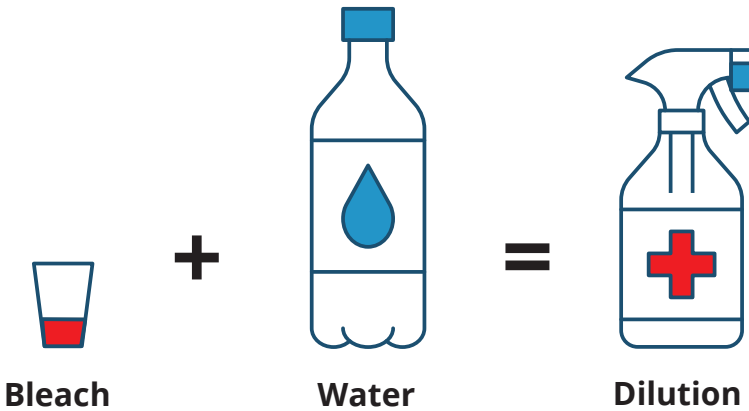


Kitchen surfaces

How can I disinfect appropriately?

Clean the area with soap and water or you can disinfect commonly touched areas using one of the following:

A Diluted household bleach solutions (if appropriate for the surface) - Usual dilution



5 tablespoons (1/3rd cup) bleach per 3.8 Litres of water
OR
4 teaspoons bleach per 4 cups of water

B Alcohol-based solutions with at least 70% composition of alcohol are also effective

It is advisable to always read the instructions on the label of the product you are using. Most products recommend adequate ventilation, use of gloves and the duration of how long to leave the disinfectant on the surface being cleaned before it is washed/wiped off (generally 1 minute). Do not mix household bleach with any other cleanser.

Frequently asked Questions

How do I do my laundry?

- ✓ Wear disposable gloves when doing the laundry of somebody who is sick with COVID-19.
- ✓ Do not shake the clothes prior to washing
- ✓ It is recommended that you put your dirty clothes and linen in a black bag and leave the bag closed for 72 hours prior to washing them. The clothes can be washed together with clothing of other household members.
- ✓ Wash at the highest temperature allowed according to the clothes' labels and dry completely.
- ✓ Remove gloves safely and wash your hands immediately afterwards.



How do I dispose of waste?

- ✓ Keep bag with residual waste (black bag) and organic waste (white bag) for a minimum of 72 hours (to minimize the risks of survival of the virus in the waste) in rooms or balconies not accessible to other people and animals;
- ✓ This plastic bag should then be placed in a second plastic bag and tied well.
- ✓ If possible, the residual (black bag) and the organic (white bag) should be taken out less frequently than usual



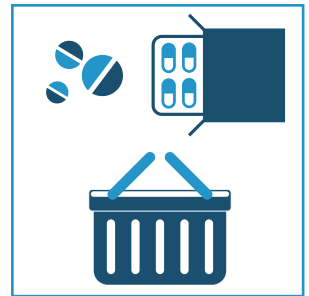
Frequently asked Questions

- ✓ Items to be disposed in the recycle bag should be washed prior to disposal and the recyclables bag should be kept inside until the end of quarantine
- ✓ If you live in an apartment complex, use the stairs instead of the elevator when disposing of the waste bags
- ✓ Wear gloves to take out waste bags; go out at times when you are unlikely to meet others

How can I go about getting groceries or medicines?

Since you are not able to leave your house during this period of quarantine, there are two options for having groceries and medicine delivered to you:

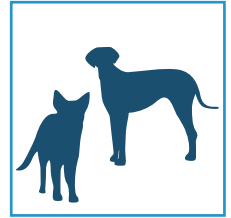
- ✓ You can ask a relative or neighbour to drop off groceries or medicinal products behind your door, using contactless methods of delivery and payment.
- ✓ If you have a Facebook account, check the group 'YouSafe' of the locality where you live. There, you will find information related to services and deliveries being offered in your locality.
- ✓ You may also wish to order groceries from the numerous supermarkets and delivery providers that offer these services.



Frequently asked Questions

Can I take out my pet?

You CANNOT take out your pet. You may wish to arrange for someone else who does not live in the same household to take care of your pet in their own home for the period you will be in mandatory quarantine. However, avoid any contact with that person and adopt all necessary hygienic measures.



Preventive Advice During Mandatory Quarantine

If you would like to learn more about the free services being offered by the Health Promotion and Disease Prevention Directorate please visit the website on **healthpromotion.gov.mt** or follow them on **Facebook, Instagram** or **Twitter @HPDPMalta**. Take this opportunity to contact the Directorate's Team of Health care professionals. Call the **Nutrition Helpline on 8007 3307** for nutritional advice including information about healthy eating and their online weight management programmes and physical activity guidance. To quit smoking call the **Tobacco Cessation Helpline on 8007 3333**.

Helplines

- ✓ Call **111** or **+356 21 324 086** if you require further general information
- ✓ If you are an elderly person with no means of assistance you may call **2590 3030**
- ✓ Call **1770** if you need emotional support and mental wellbeing
- ✓ Call **1772** if you are feeling lonely
- ✓ Call **21 222 444** if you need any medical attention

I have tested positive for COVID-19. What should I do?

In case of any difficulty or queries related to public health kindly send an email to **covid19.tracing@gov.mt** . Please include a phone number in your email so that we can call you back if necessary.

For more information visit



covid19health.gov.mt



 **COVID-19
HELPLINE 111**

 **Mental Wellbeing
HELPLINE 1770**

References

<https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-information-about-home-isolation-when-unwell-suspected-or-confirmed-cases.pdf>

World Health Organization. (2019). Infection prevention and control during health care for probable or confirmed cases of Middle East respiratory syndrome coronavirus (MERS-CoV) infection: interim guidance: updated October 2019. World Health Organization. <https://apps.who.int/iris/handle/10665/174652>. License: CC BY-NC-SA 3.0 IGO

<https://deputyprimeminister.gov.mt/en/health-promotion/Documents/Guidance%20on%20quarantine.pdf>



Personal Notes



Personal Notes





 **COVID-19
HELPLINE 111**