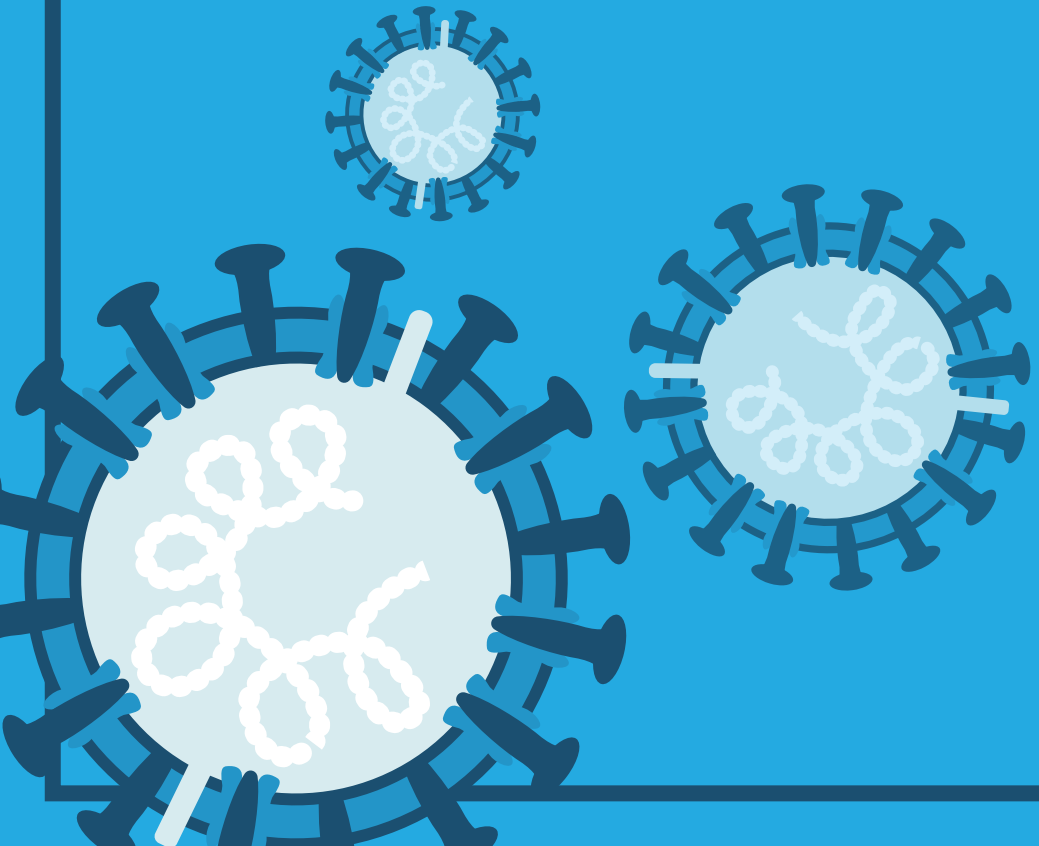


What You Need to Know If You Have Tested Positive for COVID-19



What is COVID-19?

COVID-19 is a member of the coronavirus family. Symptoms may include fever, cough, shortness of breath, diarrhoea or vomiting, loss of taste and/or smell, tiredness, sore throat, runny nose/blocked nose, headache and muscle pain.

What do you need to know if you have tested positive for COVID-19?

If you have tested COVID-19 positive you must undergo mandatory quarantine for a number of days as advised by the Public Health Authorities. Anyone else who lives in the same household must also undergo mandatory quarantine.

The purpose of quarantine is to prevent the possible spread of COVID-19. People who test positive for coronavirus (SARS-CoV-2) and members of the household **are to remain in mandatory quarantine until given clearance and notified accordingly by Public Health Authorities.**

Keep in mind that regular spot checks will be carried out during your period of mandatory quarantine. If you are caught in breach of quarantine, in accordance with LN 98/2020 you will be liable to a fine of €10,000. This also applies to who lives in the same household.

Positive patients and household members

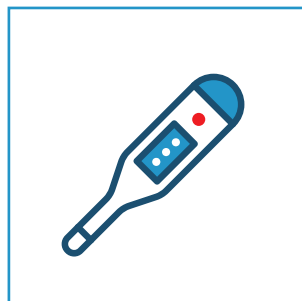
Once mandatory quarantine starts, the person who tests positive and any members of the household must remain indoors at the address they provide to Public Health Authorities for the whole period. They cannot change address unless officially approved by the Superintendent of Public Health. Such approval is only given in exceptional circumstances after assessment on a case-by case basis.

What is self-isolation? How do I self-isolate?

- ✓ You need to self-isolate from other persons in the same household. Self-isolation means that you must remain strictly within your residence, separated from the other members of the household where possible. **Stay away from others.**
- ✓ As much as possible stay within a specific **'sick room'** and use a separate bathroom and toilet if possible. If this is not possible, use the toilet after it has been used by other household members and use your own separate toiletries. This room should be well ventilated with fresh air for a minimum of 1 hour, and thereafter carefully cleaned with a neutral detergent, followed by decontamination of surfaces using a disinfectant effective against viruses.
- ✓ If you live with friends or work colleagues, identify one buddy who will check on you and your day to day needs.
- ✓ The 'sick room' should be adequately ventilated. Open any windows as much as possible. (Domestic air conditioners do not provide ventilation, they only change the temperature.)
- ✓ You should eat meals within this same **'sick room'**.
- ✓ You should wear a **face mask** within your the home if you cannot be isolated from other members of the household.
- ✓ **No visitors** are allowed into your home.
- ✓ **Restrict contact with pets.** There is limited evidence related to transmission of COVID-19 between humans and pets, however it is recommended that you restrict contact with pets and other animals while you are sick with COVID-19. When possible, have another member of your household care for your pets while you are sick. If you must care for your pet while you are sick, wash your hands before and after you interact with pets and wear a face mask.

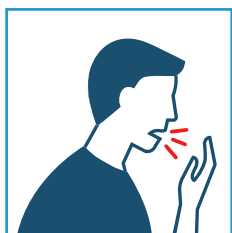
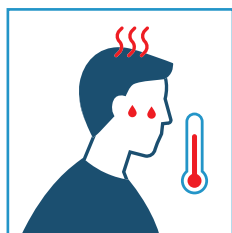
How should I monitor my health?

During your period of mandatory quarantine, you will be contacted by a Primary Health Care Doctor who will follow up on any symptoms you may have. You will also be contacted by a Public Health Doctor.



Whilst at home you are advised to monitor your symptoms and report this to the medical team who will regularly get in touch with you over the phone. They will assess your symptoms and provide advice regarding any medications that you may require. Keep a record of these medications. Ensure that you continue to take previous medications as directed by your family doctor.

Monitor yourself for fever by taking your temperature twice a day and remain alert for cough or difficulty breathing. If you have not had symptoms and you begin to feel feverish or develop fever, cough, or difficulty breathing, **call your doctor or Primary Health Care doctor on 21 222 444** to determine whether you need a medical evaluation. Seek prompt medical attention if your illness is worsening, for example if you have difficulty breathing.



If you have a medical emergency and need to call 112, inform personnel and healthcare workers that you are COVID-19 positive. If possible, put on a face mask before emergency medical services arrive.



Who can I contact if I have questions related to my health?

If at any time your symptoms get worse, you should immediately call a **Primary Health Care Doctor on 21 231 231 or 21 222 444** to be assessed over the phone. If your symptoms are severe you should phone **112** and inform them accordingly. Remember to say that you are a known case of COVID-19 and on mandatory quarantine. This number is available 24/7.



When do I call 112 for medical assistance?

You must seek medical attention immediately if you experience any of the following or your medical condition deteriorates in any way:

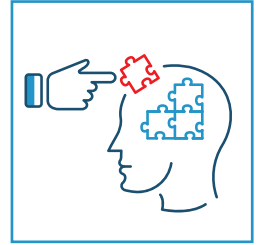
- ✓ Start having trouble breathing
- ✓ Persistent pain or pressure in the chest
- ✓ Bluish discolouration of the lips
- ✓ Become suddenly confused or difficult to wake



Remember ONLY call 112 in case of a medical emergency.

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 others by phone or online can be helpful to maintain social connections, ask for help, and update others on your condition.



The current situation can provoke anxiety or distress. **Help is available 24/7 and you can call 1770 for emotional and mental wellbeing support.**

Tips on protecting your mental health



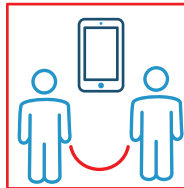
Follow regular schedules for waking up, dressing, eating, working, entertainment and going to sleep



Limit caffeine intake



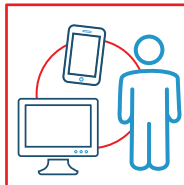
Establish objectives for each day as well for the whole week



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



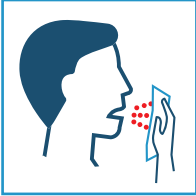
Keep your mind active; reading, writing, playing an instrument and doing jigsaw puzzles



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

What precautions must I take to protect other members of my household?

Cover your coughs or sneezes



Cover

Cover your mouth and nose with a tissue when you cough or sneeze.



Dispose

Throw away used tissues in a lined and closed trash-can.



Wash hands

Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 70% alcohol.

You should wash your hands frequently and especially in the following situations:

- ✓ After blowing your nose, coughing or sneezing
- ✓ After touching frequently touched surfaces (e.g. handrails, doorknobs, light switches, telephones, keyboards etc.
- ✓ Before, during and after preparing food
- ✓ Before and after eating
- ✓ After using the toilet
- ✓ After touching animals and pets
- ✓ After handling garbage
- ✓ When you can see that your hands are dirty

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

Avoid sharing personal household items



Do not share

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



Mask

Wear a mask around other members of your household in the instances where you cannot be isolated from them.



Wash thoroughly after use

After using these items, **wash them thoroughly** with soap and water or put them in the dishwasher.

Eating alone



Stay separated

Eat your food in your room if possible



Eat healthy food

Eat healthy food and follow a balanced diet



Wash dishes and utensils

Wash dishes and utensils **using gloves and hot water**



Ask a household member to leave your food outside your door

Frequently asked Questions

How do I clean and disinfect my home?

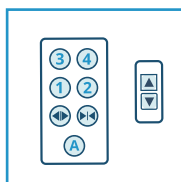
- ✓ It is important that you clean and disinfect commonly touched surfaces such as door handles, light switches, bathroom fixtures, kitchen counters, bed side tables, electronics and telephones every day. Further information on disinfection is given below



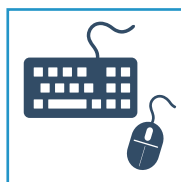
- ✓ Clean and disinfect contaminated areas which are soiled, such as with blood, stool or body fluids on them.
- ✓ Wear disposable gloves to clean potentially contaminated areas. (you can refer to our guidance on the **Appropriate Use of Gloves** which can be downloaded from (www.covid19health.gov.mt).
- ✓ Ideally you clean the area within your sick room and bathroom yourself.
- ✓ If you are unable to clean your 'sick room', it is advisable that this is done by someone else only when necessary. This person should wear a mask and wait as long as possible after the sick person has used the bathroom before cleaning.



Doorknobs



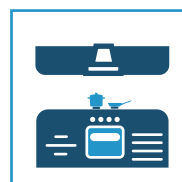
Lift buttons



Keyboard & mouse



Touch-screens devices

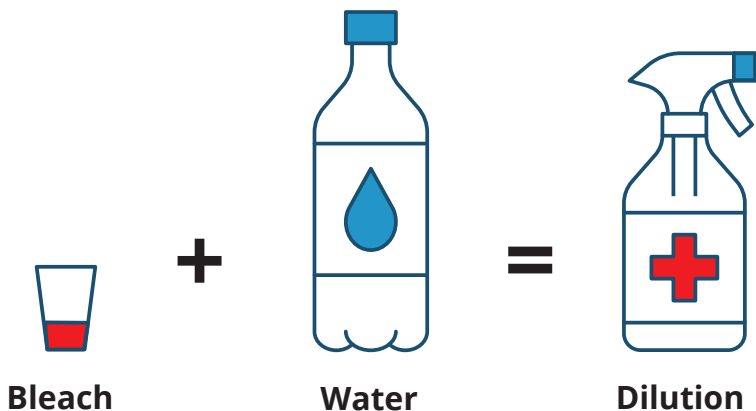


Kitchen surfaces

How can I disinfect appropriately?

Besides cleaning the area with soap and water, you can disinfect commonly touched areas using one of the agents mentioned below.

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

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

It is advisable to always read the instructions on the label. Most products recommend adequate ventilation, use of gloves and a period during which it is recommended to leave the solution on the surface for at least 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 a 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 not accessible to other people and animals (if necessary, properly packed on the balcony).
- ✓ This plastic bag should then be placed in a second plastic bag when possible and tied well.
- ✓ The residual (black bag) and the organic (white bag) should be taken out less frequently than usual, if possible.
- ✓ Items to be disposed of in the recycle bag should be washed prior to disposal and the bag should be ideally kept until the end of quarantine.



Frequently asked Questions

- ✓ If you live in an apartment complex, use the stairs instead of the elevator to go downstairs to dispose of the waste bags. Wash your hands before taking the garbage out. (If possible, ask another member of the household to take garbage out)
- ✓ Wear gloves to take out waste bags and go out at times when you will not meet others.

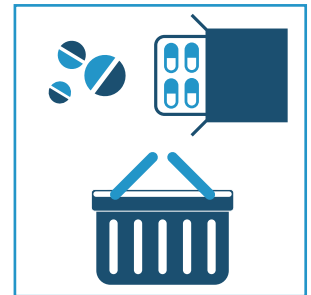
Gloves and face masks used by the caretaker or cleaner should be disposed of immediately after exiting from the patient's room and their hands should be cleaned immediately. These items should be put in a separate waste bag, which should be kept near the door to the patient's room and disposed of together with waste from the patient's room.



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 various options for having groceries and/or 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.



Frequently asked Questions

- ✓ 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.



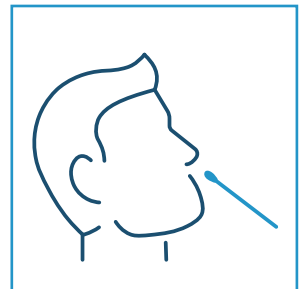
Can I take out my pet?

- ✓ If you tested positive with Covid-19 you CANNOT go out.
- ✓ If you are on mandatory quarantine you CANNOT go out.
- ✓ You may wish to arrange for someone else not living in the same household to take care of your pet in their own home for the period you will be unwell. Avoid any contact with that person and adopt all necessary hygienic measures.



When do I get retested for COVID-19?

As long as you are not experiencing any symptoms, you do not need to get retested at the end of the quarantine period. Once your quarantine period is finished and you have received your release letter you are free to leave your residence.



Frequently asked Questions

You are requested to send an email to **quarantine.covid19@gov.mt** informing them of the date and time of your appointment. According to the result of this test, the **Public Health Follow-up Team** will determine whether you require any further tests and the duration of any further period of mandatory quarantine.

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** between 7.30am - 2.30pm
- ✓ 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

In case of any difficulty, the **Public Health Follow-up Team** for positive patients having public health queries can be reached by sending an email to **covid19.followup@gov.mt**

For more information visit

 covid19health.gov.mt

 **COVID-19
HELPLINE 111**

 **Mental Wellbeing
HELPLINE 1770**



**COVID-19
HELPLINE 111**