FREQUENTLY ASKED QUESTIONS

If I’m isolated do my family need to be?
If any member of the family has symptoms, then the whole household need to isolate.
If you are in isolation due to travel and have no symptoms, then only people who have travelled need to isolate.

If I am in isolation can I go to the shop or take the children to school?
No. Self-Isolation is non-discretionary and is legally enforceable.

Can I walk my dog?
No, you are not allowed out in public.

Do I need hand sanitiser?
Hand washing is recommended above alcohol gel. This is only needed if you do not have hand washing facilities.
Clean surfaces with anti-bacterial wipes or cleaner.

How do I get food?
If you need it, it will be delivered from your station. Your Welfare team will highlight you to station for feeding.
Buddy buddy systems are in place to assist you with your need, through welfare or your Line Manager.

Where can I get more information?
https://www.nhs.uk/conditions/coronavirus-covid-19/

Welfare

Welfare Support will be provided through your Chain of Command.
If Welfare Support has not been forthcoming you are advised to contact your Station Duty Officer or Welfare Officer.

Self-Isolation Advice in Service Families Accommodation

If you have recently returned to Cyprus or have been in contact with a confirmed case of COVID-19 or are showing signs of the infection, you are required to isolate yourself in your home for 14 days or advised to stop.

It is extremely important that you follow the guidance in this leaflet. If you are unsure what to do, contact your Station Medical Centre for advice.

Contact us for information.

Medical Centre Contact Numbers
Episkopi Station: 00357 25963255
RAF Akrotiri: 00357 25276553
Dhekelia/Ay. Nik: 00357 24744512

Station Duty Officers/Welfare Officer
Episkopi Station: 00357 99200194
RAF Akrotiri: 00357 25276788
Dhekelia: 00357 24744660
Ay. Nik: 00357 99692302

IF YOU DEVELOP SYMPTOMS OR YOUR SYMPTOMS GET WORSE CONTACT YOUR MEDICAL CENTRE
THE FOLLOWING STEPS MUST BE ADHERED TO

Stay at home
You are to remain in your home, except for getting medical care. Do not go to work, school, or public areas until you have been told that is safe to do so.
If anyone in your household has a persistent cough or fever then the whole family need to isolate until told that it is safe to stop isolationing.

Separate yourself from other people in your home
Symptomatic (unwell) people should stay in a well-ventilated room with a window that can be opened, separate from other people in your home. Keep the door closed. Use a separate bathroom, if available. If not, regular cleaning will be required. If a separate bathroom is not available, consideration should be given to drawing up a bathroom rota for washing with the isolated person using the facilities last, before thoroughly cleaning the bathroom themselves. Ensure the isolated person uses separate towels from other household members. If you live in shared accommodation with a communal kitchen, bathroom(s) and living area, you should stay in your room with the door closed, only coming out when necessary. If you share a kitchen avoid using it whilst others are present. Take your meals back to your room to eat.

Cover your coughs and sneezes
Cover your mouth and nose with a disposable tissue when you cough or sneeze. Carers of others undergoing testing for COVID-19 infection should use disposable tissues to wipe away any mucus or phlegm after they have sneezed or coughed. Dispose of tissues into a plastic waste bag and immediately wash your hands with soap and water for at least 20 seconds rinse and dry thoroughly. Carers should wash their hands as well as helping the person they are caring for following coughing or sneezing

Avoid sharing items
You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home when you have used them. After using these items, wash them thoroughly with soap and water; Laundry, bedding and towels should be placed in a plastic bag and washed once it has sat for 72 hours

Call ahead before visiting your doctor
All medical appointments should be discussed in advance with your designated medical contact, using the number that has been provided to you. This is so the medical centre can take steps to minimise contact with others.

Do not have visitors in your home
Only those who live in your home should be allowed to stay. Do not invite or allow visitors to enter. If you think there is an essential need for someone to visit, then discuss it with your designated medical contact first. If it is urgent to speak to someone who is not a member of your household, do this over the phone.

If you have household pets
Try to keep away from your pets. If this is unavoidable, wash your hands before and after contact.

Waste
All waste that has been in contact with the individual, including used tissues, and masks if used, should be put in a plastic rubbish bag and tied when full. The plastic bag should then be placed in a second bin bag and tied.
Do not dispose of it or put it out for collection until you know that you or your family does not have novel coronavirus.
Should anyone test positive, you will be instructed what to do with the waste.

Laundry
If you need to wash the laundry at home before the results are available, then wash all laundry at the highest temperature compatible for the fabric using laundry detergent. This should be above 60 degrees C. If possible tumble dry and iron using the highest setting compatible with the fabric.
Wear disposable gloves and a plastic apron when handling soiled materials if possible and clean all surfaces and the area around the washing machine.
Do not take laundry to a laundrette.
Wash your hands thoroughly with soap and water after handling dirty laundry (remove gloves first if used).