FREQUENTLY ASKED QUESTIONS

If I’m isolated do my friends and colleagues need to be?
Your friends and colleagues do not need to be isolated as long as they do not have any symptoms. If they do, they need to immediately isolate and contact the medical centre.

Can I go to the shop?
No. Self-isolation is non-discretionary and is legally enforceable.
Assistance for shopping can be obtained through welfare or Line Management.

Can I go outside for a cigarette?
You should avoid doing so if possible. However, if you do, you must make sure that you wipe contact surfaces (door handles, banisters, hand rails, etc) and stay at least 2 metres away from others.

Do I need hand sanitiser?
Hand washing is recommended above alcohol gel. This is only needed if you do not have hand washing facilities.

How do I get food?
If you need it, it will be delivered from your station. Your Line Manager will highlight you to station for feeding.

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 Single Living Accommodation

If you have recently returned to Cyprus, 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 accommodation for 14 days.
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 in your accommodation
You are to remain in your allocated accommodation except for getting medical care. Do not go to work, or public areas until you have been told that is safe to do so.

Separate yourself from other people in your accommodation
You are likely to be isolated in a room with en-suite toilet and washing facilities and should use these only. Aim to keep 2 metres (3 steps) away from people you live with. If you do share toilet and bathroom, it is important that you clean them after you have used them every time (for example, wiping surfaces you have come into contact with).
Stay in your allocated room unless authorised to leave on medical grounds. Discipline in this is key to the success of the isolation measures.
Food and other essentials will be arranged for you by unit representatives.
If there are any issues with this get in touch with UWO or chain of command.

Call ahead before visiting your doctor
All medical needs 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.

If you become unwell you must contact the medical centre
It is key that people in isolation are active in letting the medical centre know if they become unwell.
This will result in swab testing to check for COVID-19 and the result will be communicated to you.

Do not have visitors in your accommodation
Do not invite or allow visitors to enter your room. 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 resident in your accommodation do this over the phone.

Waste
All waste that you have had contact with, 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 do not have novel coronavirus.
Should you test positive, you will be instructed what to do with the waste.

Laundry
Clean bedding etc should be provided through unit.
Your laundry may pose an infection risk if you have Corona virus so it should stay in the room with you until any test result is back and known.