Coronavirus (COVID-19) update
Plans in place for British Forces Cyprus

If you suspect you or a member of your family have COVID-19
DO NOT VISIT YOUR MED CENTRE
You will be given advice over the phone by a health professional

wash your hands regularly
for at least 20 seconds
use hand sanitiser gel if soap and water are not available.

cover your mouth and nose
use a tissue or sleeve (not your hands)
CATCH IT-BIN IT-KILL IT

TRAVEL RESTRICTIONS AND ISOLATION
Note the restrictions and isolation instructions for each category below...

CATEGORY 1
Hubei Provence in China
Italy
Iran
South Korea
If you have travelled from Category 1 countries in the last 14 days with or without symptoms
SELF ISOLATION CALL YOUR MED CENTRE

CATEGORY 2
China (exc Hubei)
Japan
Hong Kong
Germany
France
Spain
United Kingdom
Parts of Greece
If you have travelled from Category 2 countries in the last 14 days
SELF-ISOLATION FOR 14 DAYS CALL YOUR MED CENTRE

CATEGORY 3
Switzerland
Netherlands
Sweden
Belgium
Singapore
Parts of Greece
If you have travelled from Category 3 countries in the last 14 days and have a cough, fever or shortness of breath
SELF MONITORING CALL YOUR MED CENTRE

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