

## FREQUENTLY ASKED QUESTIONS

**If I'm isolated do my family need to be?**

If anyone is placed in isolation your whole household is required to isolate for 14 days or until released from the Medical Centre.

**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. Please contact Welfare support if you need assistance.



Where can I get more information?

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

### Welfare

**Your first point of call for welfare whilst in isolation is your Line Management or sponsor on island.**

RAF Akrotiri Isolated Personnel Welfare/Information  
**00357 97731 647**  
Padre – **00357 99631 394**



**BFC Mental Health Questionnaire**  
Complete on day 5 or as required if you're struggling

## 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 and your family are required to isolate in your home for 14 days or until 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.

**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?**

Non isolated members of your household will need to support with meeting your needs. Members of the community may support in getting essential items from shops. If there is a need for further support then contact UWO in the first instance.



#### 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 and your family 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.



### Do not go to the medical centre without calling first

All medical appointments should be discussed in advance with your medical centre using the number that has been provided to you. This is so the medical centre can minimise contact with others, and protect their outputs.

### 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 you need to speak to someone who is not a member of your household, do this over the phone or eg Skype.

### 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.

### 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. **If this is not possible it may be necessary for the whole household to isolate together for 14 days.**

### 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

### 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.

Ensure you 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).

