

## FREQUENTLY ASKED QUESTIONS

### How will I survive in isolation?

There are lots of support mechanisms and advice being rolled out through unit, welfare and medical chains. If you cannot find the support you need raise it with your chain of command

### 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.



### 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 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, refer to unit welfare or contact your Station Medical Centre for advice.

### Can I go outside for a cigarette?

You may go only to the designated smoking area, whilst maintaining social distancing and strict hygiene discipline. Minimise time spent out of your accommodation

### 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.

## 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 . Do not go to work, or public areas until you have been told that is safe to do so. In most cases this is likely to be 14 days after starting isolation.



### 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.

### Do not have visitors in your accommodation

Do not invite or allow visitors to enter your room. Maintain social distancing and follow local direction for feeding, smoking and other activities. 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.

Should you test positive, you will be instructed what to do with the waste.

### 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. Where this is not possible you may be treated as a household with those you are sharing 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). Maintain social distancing.

Stay in your allocated room unless authorised to leave on medical grounds if you have had symptoms or at the 14 day point for travel related isolation. 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..

### 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. Particularly with a fever, or persistent cough , but also if you develop other medical problems.

Appropriate measures will be put in place to keep you and those around you safe,

### 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.