



To:

Reference:

Address:

Quarantine period: Starting 13/07/2021 Ending 27/07/2021
Can leave residence on: 28/07/2021

In virtue of Legal Notice 78 of 2020, this written order serves as notification that you have been identified as a contact of a confirmed case of COVID-19. The date indicated at the top of this document refers to the date when the quarantine notice was issued and therefore came into effect. Please follow the following measures:

1. Undergo Mandatory Quarantine for 14 days

You should stay in quarantine for 14 days from the last contact with the confirmed COVID-19 case, as indicated above.

This quarantine is mandatory in accordance with national legislation. Quarantine means staying in your home, and not leaving for the 14 day period that you are required to isolate for. Only people who usually live in the household should be in the home. Do not allow visitors into the home.

Visitors to Malta from non-corridor countries must also undergo mandatory quarantine in their accommodation.

The mandatory quarantine will be enforced through regular police spot-checks and failure to observe this obligation will result in a fine of €3,000 for each time it is breached. The Government of Malta will not tolerate any irresponsible behaviour from persons who try to avoid the mandatory quarantine.

Quarantine and Household members

Members who live in the same household also need to be quarantined and observe the same rules.

Food supplies while on quarantine

If you are concerned about having a sufficient supply of food during your quarantine, you may order groceries online from several supermarkets across Malta, or ask a relative or friend to drop off groceries in front of your door.

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Further information regarding Quarantine

For further information regarding quarantine please access the link www.covid19health.gov.mt

2. Monitor yourself for Signs and Symptoms of COVID19

Those under quarantine should self-monitor their temperature twice daily and monitor themselves for the development of any signs and symptoms of COVID19 infection, mainly, fever and/or cough and/or shortness of breath.

What are the signs of COVID19 Infection?

Common symptoms of infection include fever, cough and shortness of breath. Other, less common symptoms may include lethargy, muscle pain, loss of taste or smell, diarrhoea, headache etc. Milder cases may resemble the flu or a bad cold, making detection difficult. However, for those with a weakened immune system, those with chronic conditions and the elderly, the virus could cause a much more serious respiratory tract illness, such as pneumonia or bronchitis.

3. Call the Public Health Authorities if you think that you have developed COVID19.

If you have any symptoms of respiratory disease including fever, shortness of breath or cough, contact Public Health authorities on helpline 111 or (+356) 21324086. Tell them that you are in mandatory quarantine as you were a close contact of a confirmed case of COVID-19, and have now developed symptoms. Do not go to your doctor, health centre or hospital.

4. Take all necessary precautions to prevent the spread of potential infection

1. If possible isolate yourself in your room.
2. Make sure that the room is adequately ventilated
3. Wash your hands frequently with soap and water for at least 20 seconds, and if not available, use alcohol-based hand disinfectant regularly.
4. Cover your nose and mouth with a tissue or inner side of flexed elbow when coughing or sneezing.
5. DO NOT sneeze or cough into your hands as you may contaminate objects or people that you touch.
6. Dispose of used tissues immediately in bins; DO NOT leave tissues running around.
7. Avoid touching your eyes, nose and mouth before washing your hands.
8. Keep a distance of at least 1 metre when talking to other persons and 2 metres from someone who is sick.

For further health related information regarding COVID19 please refer to the link:
www.covid19health.gov.mt

Yours Sincerely,

Prof. Charmaine Gauci
Superintendent of Public Health

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