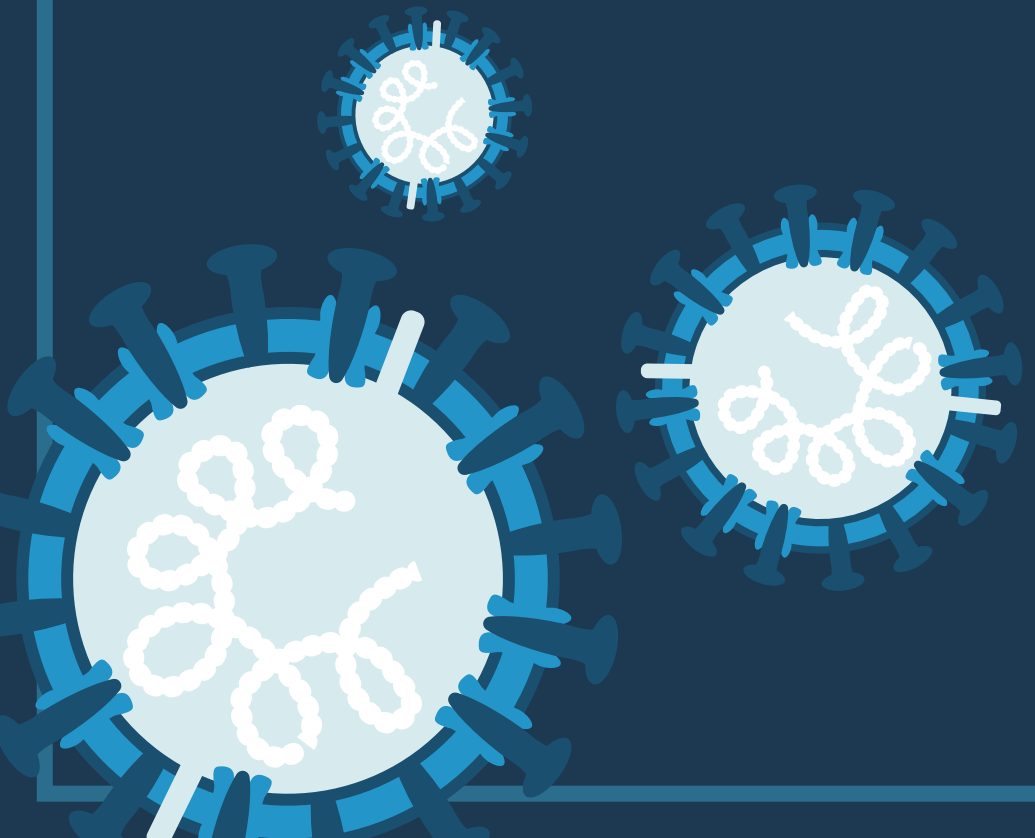


# COVID-19

General information





For health related queries visit  
[covid19health.gov.mt](https://covid19health.gov.mt)



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## What are Coronaviruses?

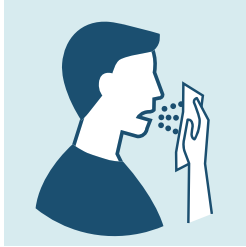
Coronaviruses are a large family of viruses that cause illnesses ranging from the common cold to more severe diseases. The virus responsible for causing COVID-19 is a new strain of coronavirus.

## What are the symptoms of COVID-19?

The most common symptoms are:



fever and/or



cough and/or



shortness of  
breath

## How long does it take for symptoms to develop?

The incubation period, the time between exposure to the virus and the appearance of the first symptoms, can take between 2 to 14 days.

## How is COVID-19 coronavirus spread?

COVID-19 is spread from person to person through respiratory droplets expelled from the nose or mouth when a person who is sick with COVID-19 coughs or sneezes.

These droplets can persist on objects or surfaces around the person in question. An infection with the virus responsible for COVID-19 can occur if you touch these objects or surfaces and then touch your eyes, nose or mouth. COVID-19 can also be contracted by inhaling droplets from a sick person who has just coughed or sneezed. This is why it is important for a sick person to stay at home and to keep a distance of at least two metres from another person and to respect basic hygiene measures.

## Is there treatment or a vaccine?

No specific treatment exists for COVID-19. Treatment given by a medical doctor is supportive and helps to control the symptoms.

There are currently no vaccines against COVID-19. Therefore, it is very important to prevent infection or contain further spread from someone with COVID-19.

## How do I protect myself?

**To protect yourself and others, practice good hand and respiratory hygiene:**

- ✓ Wash your hands regularly with soap and water for at least 20 seconds, and if not available, use alcohol-based hand disinfectant.
- ✓ Cover your nose and mouth with a tissue or inner side of flexed elbow when coughing or sneezing. Throw used tissues in the bin immediately.
- ✓ DO NOT sneeze or cough into your hands as you may contaminate objects or people that you touch.
- ✓ Avoid touching your eyes, nose and mouth before washing your hands.
- ✓ Keep a distance of one metre when talking to others and two metres from someone who is sick.
- ✓ Stay at home as much as possible. Avoid crowds and going to places where you come in close contact with other people.
- ✓ Stay away from vulnerable individuals, such as elderly and those with underlying health conditions.



## Should I wear a facemask?

There is no need to wear facemasks. Wearing a mask in a preventive manner is not recommended by the World Health Organisation as a means to avoid contamination with the virus that causes COVID-19. Facemasks prevent the spread of the virus from sick people to healthy people.

## What is quarantine?

Quarantine means self-isolation in your home, and not leaving for the 14-day period that you are required to isolate for. Do not allow visitors into your home. Those under quarantine should self-monitor their temperature twice daily.

## Who needs to undergo mandatory quarantine?

Persons entering Malta after having travelled from any country must go into mandatory quarantine for 14 days from the date of their departure from that country.

Persons identified by the Public Health Authority as close contacts of confirmed cases will also be put under mandatory quarantine for 14 days. People breaking the mandatory quarantine will be fined €3000 each time they are found to be in breach of quarantine.



## Does this mean my family or other people I live with need to undergo quarantine?

Yes, the other members of the household have to undergo mandatory quarantine as well.

**For more guidance on quarantine visit  
[covid19health.gov.mt](https://covid19health.gov.mt)  
For support on quarantine call 21 411 411**

## Why is staying at home very important?

Staying at home helps to protect your friends, colleagues and the wider community. It will also help to control the spread of the virus. This may be difficult or frustrating, but there are things that you can do to help make it easier. These include:

- ✓ Asking friends or family to drop off anything you need or order supplies online. Alternatively you can call 21 411 411 for assistance. Make sure any deliveries are left outside your home for you to collect.
- ✓ Keeping in touch with friends and family over the phone or through social media.
- ✓ Keeping yourself busy by cooking, reading, online learning and watching films.
- ✓ Taking online classes or courses to help you to exercise in your home.

## What do I do if I develop symptoms?

**If you develop fever, cough, or shortness of breath:**

- ✓ Remain at home.
- ✓ **DO NOT** go to private clinics, emergency department, health centres, pharmacies or other healthcare facilities.
- ✓ Phone the Public Health Helpline on 111 for advice.

People suffering from symptoms of COVID-19 are advised not to go to their doctor, health centre or the emergency department, but should call the **COVID-19 helpline on 111**. People with symptoms will be assessed on a case-by case basis prior to testing. Testing is done by appointment only.