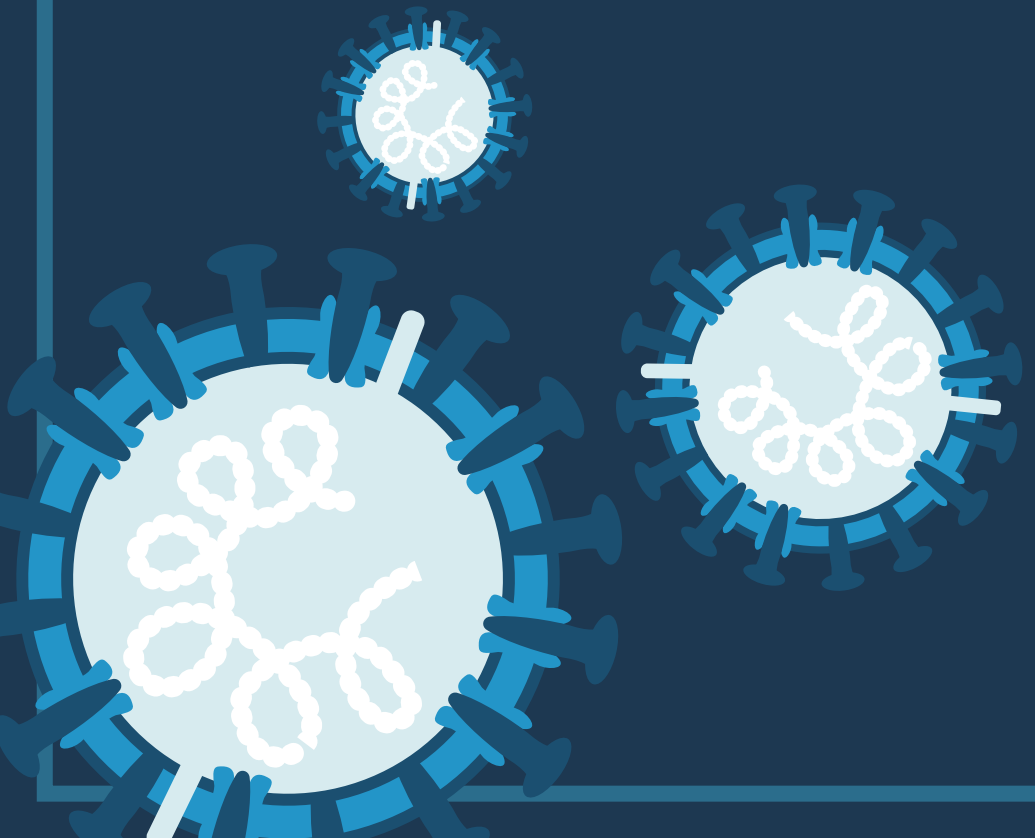


COVID-19

General information





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

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What are Coronaviruses?

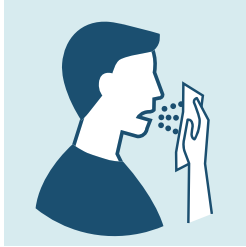
Coronaviruses are a large family of viruses that cause illnesses ranging from the common cold to more severe diseases. The virus responsible for causing COVID-19 is a new strain of coronavirus.

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
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?

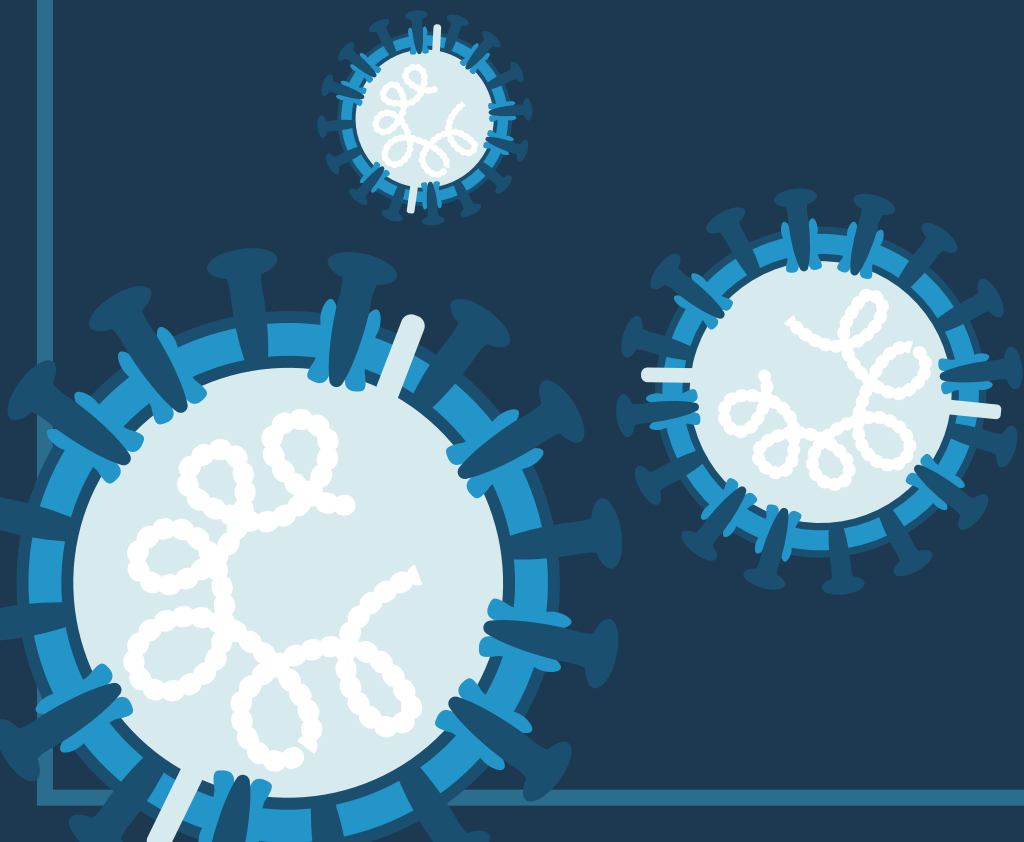
If you develop fever, cough, or shortness of breath:

- ✓ 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.

COVID-19

Informazzjoni ġenerali





 **COVID-19
HELPLINE 111**

Għal mistoqsijiet relatati ma' saħħa żur is-sit
[covid19health.gov.mt](https://www.healthpromotion.gov.mt/covid19health.gov.mt)



X'inhuma l-Coronaviruses?

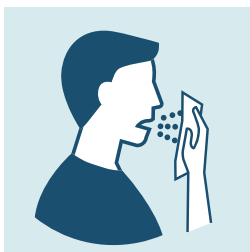
Coronaviruses huma familja kbira ta' *viruses* li jikkawżaw mard li jvarja minn riħ komuni għal mard aktar sever. Il-*virus* li jikkawża COVID-19 huwa tip gdid ta' *Coronavirus*.

X'inhuma s-sintomi ta' COVID-19?

L-aktar sintomi komuni huma:



deni u/jew



sogħla u/jew



qtugħ ta' nifs

Kemm hu twil il-perjodu biex jiżviluppaw is-sintomi?

Il-perjodu ta' inkubazzjoni, jiġifieri ż-żmien minn meta wieħed jiġi espost u meta jidhru l-ewwel sintomi, jista' jkun ta' bejn jumejn u 14-il ġurnata.

Kif jinfirex il-COVID-19 coronavirus?

COVID-19 jinfirex minn persuna għal oħra minn qtar li joħroġ mill-imnieħer jew mill-ħalq ta' persuna marida bil-COVID-19 meta din tisgħol jew tagħtas.

Dan il-qtar jista' jibqa' jippersisti meta jaqa' fuq oġġetti jew uçuħ ta' oġġetti li jkunu qrib il-persuna kkonċernata. Tista' sseħħ infezzjoni bil-*virus* li jikkawża COVID-19 jekk tmiss dawn l-oġġetti jew uçuħ ta' oġġetti u mbagħad tmiss għajnejk, imnieħrek jew ħalqek. COVID-19 jista' jittieħed ukoll meta tkun qrib persuna marida meta din tkun għadha kemm sogħlot jew għatset. Għalhekk huwa importanti li min ikun marid jibqa' d-dar. Żomm bogħod mill-inqas żewġ metri minn persuna oħra u li dejjem żomm f'moħħok l-mizuri bażiċi ta' iġjene.

Hemm xi trattament jew vaċċin?

Ma jeżisti ebda trattament speċifiku għal COVID-19. Trattament mediku li jingħata mit-tabib jgħin sabiex ikunu ikkontrollati s-sintomi.

S'issa ma hawnx vaċċin kontra l-COVID-19. Għalhekk huwa importanti li tippreveni l-infezzjoni jew twaqqaf l-infezzjoni milli tkompli tinfirex minn xi ħadd bil-COVID-19.

Kif niproteġi lili nnifsi?

Biex tiproteġi lilek innifsek u lil oħrajn minn infezzjoni ara li żżomm l-idejn nodfa u jkollok iġjene respiratorja tajba:

- ✓ Aħsel idejk regolarment bis-sapun u l-ilma almenu għal 20 sekonda, u jekk ma jkollokx sapun u ilma uża disinfezzjant *alcohol-based*.
- ✓ Għatti mniefek u ħalqek b'*tissue* jew bin-naħa ta' ġewwa ta' minkbek meta tisgħol jew tagħtas. Iddisponi immedjatament minn *tissues* użati.
- ✓ M'għandekx tagħtas jew tisgħol f'idejk għax b'hekk tista' tikkontamina oġġetti jew persuni li tmiss.
- ✓ Evita milli tmiss għajnejk, imniefek u ħalqek qabel ma tkun ħsilt idejk.
- ✓ Żomm metru l-bogħod meta tkun qed titkellem ma' ħaddieħor u żewġ metri l-bogħod minn xi ħadd li jkun marid.
- ✓ Ipprova evita milli tmur f'postijiet iffulati fejn tista' tiġi f'kuntatt ma' nies oħrajn. Oqgħod id-dar kemm jista' jkun.
- ✓ Għoqod il-bogħod minn nies vulnerabli bħal l-anzjani u dawk li għandhom xi kundizzjoni medika.



Għandi nilbes maskla?

M'hemmx bżonn tilbes maskli. L-Għaqda Dinjija tas-Saħħa ma tirrakkomandax l-ilbies ta' maskli bħala mezz preventiv biex tevita milli tkun kontaminat bil-*virus* COVID-19. Il-maskli jgħinu sabiex dawk li jkunu diġà infettati bil-*virus* ma jifirxuhx lejn ħaddieħor.

Kwarantina xi tfisser?

Kwarantina tfisser li tibqa' iżolat f'darek u li ma toħroġx għall-perjodu ta' 14-il ġurnata meħtieġa għall-iżolament. Tħallix li jiġu jżuruk nies id-dar. Dawk li jkunu taħt kwarantina għandhom jiċċekkjaw it-temperatura darbtejn kuljum.

Min hu meħtieġ li joqgħod taħt kwarantina mandatorja?

Persuni li jidhlu Malta minn kull pajjiż għandhom joqogħdu taħt kwarantina mandatorja għal 14-il ġurnata mid-data tat-tluq minn dak il pajjiż.

Persuni identifikati mill-Awtorità tas-Saħħa Pubblika bħala li kellhom kuntatt mill-qrib ma' każijiet konfermati ta' COVID-19 jitpoġġew ukoll taħt kwarantina mandatorja għal 14-il ġurnata. Min jikser il-kwarantina mandatorja jiġi mmultat €3000 kull darba li jinqabad.



Dan ifisser li l-familja jew persuni oħrajn li jgħixu miegħi jridu li joqogħdu taħt kwarantina?

Iva, kull min joqgħod fl-istess dar irid joqgħod ukoll taħt kwarantina.

Għal aktar informazzjoni żur is-sit
covid19health.gov.mt
Għal support fuq kwarantina ċempel fuq 21 411 411

Għaliex importanti ħafna li tibqa' d-dar?

Li tibqa' d-dar jgħin biex tipproteġi l-ħbieb, il-kollegi u l-komunità kollha. Tkun qed tgħin ukoll biex ikun ikkontrollat it-tixrid tal-*virus*. Li tibqa' d-dar jista' jkun diffiċli jew frustranti, imma hemm affarijiet li tista' tagħmel li jgħinu biex dan ikun iktar faċli. Dan jinkludi:

- ✓ Li titlob l-għajnuna ta' ħbieb jew qraba biex jwasslulek id-dar dak li għandek bżonn. Tista' tordna l-provisti *online*. Tista' wkoll iċċempel 21 411 411 għall-għajnuna. Ara li l-kunsinni jitħallew barra l-bieb tad-dar biex tiġborhom minn hemm.
- ✓ Li żżomm kuntatt ma' qraba jew ħbieb permezz tat-*telephone* jew tal-*media soċjali*.
- ✓ Li żżomm ruġek impenjat billi ssajjar, taqra, titgħallem *online* jew tara films.
- ✓ Li fittex klassijiet jew korsijiet *online* li juruk kif tagħmel eżerċizzju f'darek.

X'għandi nagħmel jekk niżviluppa s-sintomi?

Jekk tiżviluppa deni, sogħla jew qtugħ ta' nifs:

- ✓ Ibqa' d-dar.
- ✓ TMURX fi kliniċi privati, id-Dipartiment tal-Emerġenza, iċ-Ċentri tas-Saħħa, spiżeriji jew faċilitajiet oħrajn għall-kura tas-saħħa.
- ✓ Ċempel il-*Helpline* tas-Saħħa Pubblika fuq 111 għal parir.

Min ikollu sintomi ta' COVID-19 m'għandux imur għand it-tabib tiegħu, jew f'xi Ċentru tas-Saħħa jew fid-Dipartiment tal-Emerġenza, imma għandu jċempel **COVID-19 Helpline fuq 111**. Kull persuna li jkollha sintomi tkun assessjata fuq bażi individwali qabel l-ittestjar. Kull ittestjar isir biss b'appuntament.