

# What should you do if you or a member of your household feels ill while you are in **mandatory quarantine**?

If at any time your symptoms get worse, you should:



Call **112** if any of these **red flag symptoms** appear:

- ✓ Shortness of breath on light exercise (e.g. on climbing one flight of stairs) or at rest
- ✓ Chest tightness for more than 15 minutes
- ✓ Bleeding or bruising
- ✓ Dizziness on getting out of bed or fainting
- ✓ Very fast heartbeat
- ✓ Confusion or drowsiness or extreme tiredness
- ✓ Passing only a small amount of urine
- ✓ Persistent severe diarrhoea (more than 10 times in 24 hours)



Or call **21 231 231** or **21 222 444** if any of the following appear:

- A) Classical symptoms of COVID-19 disease
  - ✓ Fever
  - ✓ Cough
- B) Symptoms of minor illness
  - ✓ Loss of weight
  - ✓ Feeling unwell
  - ✓ Muscle pain
  - ✓ Sore throat
  - ✓ Blocked nose
  - ✓ Headache
  - ✓ Diarrhoea
  - ✓ Nausea
  - ✓ Vomiting



# X'għandek tagħmel jekk int jew xi membru li jgħixu fl-istess dar miegħek iħossuhom ma jifilħux waqt li jkunu fi **kwarantina mandatorja**?

**Jekk f'xi waqt is-sintomi jaqilbu għal-agħar:**



Ċempel **112** jekk tibda tħoss xi **sintomi msemmija hawn** taħt:



Jew ċempel **21 231 231** jew **21 222 444** jekk ikollok wieħed jew iktar minn dawn is-sintomi:

- ✓ Qtuġh ta' nifs waqt eżerċizzju ħafif (bħal meta titla' sular tarag) jew meta tkun wieqaf
- ✓ Tagħfis ta' sidrek għal-aktar minn 15 il-minuta
- ✓ Ħruġ ta' demm u tbengil
- ✓ Sturdament meta toħrog minn ġos-sodda jew ħass ħazin
- ✓ L-qalb tħabbat mghaggel ħafna
- ✓ Tħossok mħawwda jew sturduta jew għajja kbira
- ✓ Tgħaddi ftit wisq pipi
- ✓ Tagħmel msarenk b'mod persistenti (iktar minn 10 darbiet f'24 siegħa)

## A) Sintomi klassiċi tal-Covid 19

- ✓ Deni
- ✓ Sogħla

## B) Sintomi ta' mard ħafif

- ✓ Telf ta piz
- ✓ Tħossok ma tiflaħx
- ✓ Uġiegħ fil-muskoli
- ✓ Uġiegħ ta' grizmejn
- ✓ Mnieher miżdud
- ✓ Uġiegħ ta' ras
- ✓ Msaren
- ✓ Dardir
- ✓ Remettar

