

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)



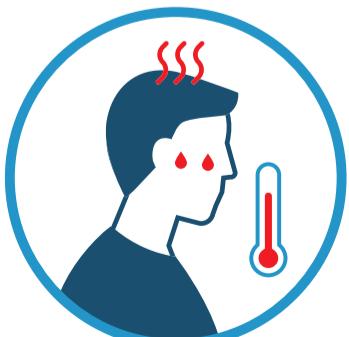
Or call **21 231 231** or **21 222 444** if any of the following appear:

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:



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



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

- ✓ Qtugħ ta' nifs waqt eżerċizzju ħafif (bħal meta titla' sular taragħ) jew meta tkun wieqaf
- ✓ Tagħfis ta' sidrek għal-aktar minn 15 il-minuta
- ✓ Hruġ ta' demm u tbengil
- ✓ Sturdament meta toħrog minn ġos-sodda jew ħass ħażin
- ✓ L-qalb thabbat mgħaggel ħafna
- ✓ Thossok mħawwda jew sturduta jew għajja kbira
- ✓ Tgħaddi ftit wisq pipi
- ✓ Tagħmel msarenk b'mod persistenti (iktar minn 10 darbiet f'24 siegħha)

A) Sintomi klassiči tal-Covid 19

- ✓ Deni
- ✓ Sogħla

B) Sintomi ta' mard ħafif

- ✓ Telf ta piz
- ✓ Thossok ma tiflaħx
- ✓ Ugiegħ fil-muskoli
- ✓ Ugiegħ ta' griżmejn
- ✓ Mnieħer miżdud
- ✓ Ugiegħ ta' ras
- ✓ Msaren
- ✓ Dardir
- ✓ Remettar

