

Media Release

Date: 22 December 2021

CCA alters isolation period for Covid-19 cases – as long as certain criteria are met

The Civil Contingencies Authority has today agreed to alter the mandatory isolation period for people with Covid-19, as long as certain criteria are met.

A 10-day mandatory self-isolation period will remain for all positive cases, however they can be released into enhanced passive follow-up after seven days as long as the following criteria is met:

- The positive case is symptom-free; AND
- They have had a negative lateral flow test on day 6 and day 7

If this is met, the individual can release themselves into enhanced passive follow-up until day 10 when restrictions are lifted.

The release from isolation will be done on the basis of trust, however the positive case remains under a legal obligation to follow enhanced passive follow-up and any breach of those requirements could result in prosecution. The positive case is also advised to take a time-stamped photo of their negative LFT on day 6 and day 7 for their own records – these do not need to be submitted to the States of Guernsey.

Anyone currently in self-isolation is advised to visit [I am a positive case | States of Guernsey - COVID-19 \(gov.gg\)](#) to read the full guidance on these changes. Any new positive cases will receive updated information from Public Health when their positive result is confirmed.

The rules for enhanced passive follow-up are as follows:

A person must:

- not attend restaurants, clubs, bars;
- only shop for essential food, adhering to current legislation with regard to the use of face coverings;
- where possible arrange for food to be delivered;
- not attend gatherings of more than 20 people;
- attend any gathering of fewer than 20 people only if held in a well-ventilated room for exclusive use with controlled toilet facilities, there should be a record kept of all attending which is retained for 14 days;

- repeat their lateral flow test, and ensure that this is still negative, before attending a gathering of not more than 20 people;
- at all times be vigilant for symptoms, however mild, of Covid-19; must report any such symptoms immediately to Public Health; and must comply with any instructions given by Public Health thereafter (which may, for the avoidance of doubt, include an immediate resumption of self-isolation);
- not enter a nursing, care or residential home without the prior agreement of the manager of the home, received after having informed the manager of the home of his or her status as being subject to these restrictions, and in any event must not return to work in such a home unless specifically cleared by manager;
- not, other than in an emergency, enter the Princess Elizabeth Hospital or Mignot Memorial hospital and in an emergency must give prior notification of his or her status as being subject to these restrictions before entering the Princess Elizabeth Hospital if reasonably practicable in all the circumstances;
- inform any other healthcare provider (for example, a doctor or dentist) of his or her status as being subject to these restrictions when making any appointment for care;
- so far as reasonably practicable, keep a record of people met and places visited (to assist with contact tracing if necessary);
- ensure that any work during passive surveillance is risk-assessed by their line manager;
- not leave the Bailiwick (specifically the island where at they have done their period of self-isolation) until 10 full days have elapsed since receiving a positive test for the virus that causes COVID-19;
- comply with any additional conditions and restrictions imposed from time to time by the Medical Officer of Health

Deputy Peter Ferbrache, Chairman of the Civil Contingencies Authority, said:

‘The CCA today considered advice from various senior medical professionals following the UK’s decision to alter mandatory self-isolation as long as certain criteria are met. We have agreed to change our mandatory periods of self-isolation for positive Covid-19 cases from 10 to seven days as long as the individual has negative LFT results on both day 6 and day 7, and they are symptom-free.

‘This aligns with the UK however we have also taken the decision to put an additional layer of protection in place and that is the requirement for anyone released from isolation early to follow enhanced passive follow-up measures. Following these measures will be a legal requirement if someone meets the criteria to release themselves from isolation, so it’s very important they’re followed or the individual will be committing an offence.’

Dr Nicola Brink, Director of Public Health, said:

‘In making these changes, we have tried to take a proportionate position that is appropriate for the Bailiwick. The aim of this approach is to help break chains of transmission while also minimising the impact of self-isolation on people’s lives and livelihoods. We have included the additional step of enhanced passive follow-up as

this mitigates against the risk of transmission of the virus that causes COVID-19 in uncontrolled environments. We're putting this in place on the basis of trusting our community to continue doing the right thing. We're trusting people to only release themselves from isolation if they meet the clear criteria of being asymptomatic and having negative LFTs on day 6 and day 7.'
