



The Government of Sark

PANDEMIC EMERGENCY COMMITTEE

A COMMITTEE OF THE CHIEF PLEAS OF SARK

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COVID symptoms update.

PLEASE KEEP SARK SAFE. IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS, HOWEVER MILD, CONTACT THE MEDICAL CENTRE IMMEDIATELY.

The Committee would like to remind residents and visitors that should they experience any of the following symptoms they must stay home and contact the Medical Centre on 01481 832045 immediately for advice. PLEASE DO NOT VISIT THE SURGERY.

The symptoms to look out for:

- Headache, sore throat and a runny nose*
- Tiredness, new and severe fatigue (recent onset)
- Aches and pains, new muscle ache for no obvious reason (recent onset)
- Headache (sinus pain, pain around eyes)
- Conjunctivitis (itchy, watery, painful or pink eye(s))
- Loss of taste or smell
- Sore throat
- Fever (high temperature, rigors, chills, can't get warm)
- Difficulty breathing or shortness of breath
- Dry cough (Continuous new cough)
- Diarrhoea
- Children and Over 80s – loose stool, mild fever, not themselves with a cough presenting later
- A rash on skin, or discolouration of fingers or toes (seek urgent medical advice)
- Chest pain or pressure, shortness of breath, chest tightness (phone the emergency services on 999)
- Loss of speech or movement (phone the emergency services on 999)

*Some younger people with the **Delta Variant** are presenting with headache, sore throat and a runny nose, so symptoms similar to the symptoms of a bad cold. Parents/carers are asked to be vigilant for these symptoms and request a COVID-19 test however mild the symptoms are. A runny nose associated with **known** allergies such as hay-fever, animal/pet hair or other irritants, which responds to antihistamines or other prescribed medication do not require referral for a COVID-19 test.

