



The Government of Sark

## **PANDEMIC EMERGENCY COMMITTEE**

**A COMMITTEE OF THE CHIEF PLEAS OF SARK**

**COMMITTEE OFFICE, LA CHASSE MARETTE, SARK GY10 1SF**

Telephone: (01481) 832118 E-mail: [PandemicCommittee@sarkgov.co.uk](mailto:PandemicCommittee@sarkgov.co.uk)

### **June 2021 update for residents.**

With the changes to travel categories within the UK, Sark is closely following the Bailiwick guidelines for people travelling to Sark.

There are currently no Category 1 areas, some of the UK is now Category 2, however categories can change depending on the prevalence rates in the region, not in localised areas.

#### **Category 2 Travellers:**

Sark, with the rest of the Bailiwick is welcoming people from Category 2 areas with the requirement that they take a test on arrival and travel to Sark after they have received a negative test result. They must notify the Guernsey Border Agency/Travel Tracker of their arrival isolation address and receive permission to leave that address to travel to Sark.

They then need to take a further test on day seven and observe passive follow up during the fourteen days after their arrival into the Bailiwick.

With the occurrence of a recent COVID case in Guernsey, which was detected through symptomatic testing, the Committee would remind people of the passive follow up requirements.

During passive follow up you must not:

Visit a Dr's surgery without prior notification that you are in passive follow up.

Visit a hospital or nursing home.

You must maintain good hygiene and keep a record of places visited and people met and interacted with, this is essential for contact tracing. It is not advisable to visit crowded venues, due to the potential difficulties of contact tracing should you subsequently develop symptoms or test positive.

You must report any symptoms, however minor to the Dr immediately, and isolate yourself from the rest of your household until you receive your test result. The Dr will advise you of your isolation requirements.

#### **Category 3 travellers:**

Countries and regions with a prevalence rate between 30 to 100 cases per 100,000 population for 7 consecutive days are in Category 3

If you have spent time in a Category 3 country or region (but not any in Category 4) in the 14-day period immediately before arriving in the Bailiwick, you can opt to take a PCR self-swab test on arrival, self-isolate AND take a further PCR test on day 7.

If you have a negative result from your test on arrival, you may only leave self-isolation when you also receive a negative result from your Day 7 test. You must then comply with the "passive follow-up" rules until 14 days after your arrival in the Bailiwick.

For the avoidance of doubt, while travellers are not obliged to take any test, any person who:

- declines to take a test on arrival, and/or
- any other test required to reduce his or her period of self-isolation,

must self-isolate for a period of 21 days, regardless of the countries or regions which he or she has spent time in during the 14-day period immediately before his or her arrival in the Bailiwick.

#### **Category 4 Travellers.**

Countries and regions with a prevalence rate of more than 100 cases per 100,000 population for 7 consecutive days are in Category 4.

If you:

- are aged 18 or over, and
- have spent time in a Category 4 country or region in the 14-day period immediately before arriving in the Bailiwick,

you must self-isolate for a period of 21 days.

However, you can opt to take a PCR self-swab test on arrival, self-isolate AND take a further PCR test on day 13 (a "Day 13 test"). Where your test on arrival and Day 13 test are negative, you may leave self-isolation before the end of the period of 21 days BUT ONLY when you have received a negative result from your Day 13 test.

For the avoidance of doubt, while travellers are not obliged to take any test, any person who:

- declines to take a test on arrival, and/or
- any other test required to reduce his or her period of self-isolation,

must self-isolate for a period of 21 days, regardless of the countries or regions which he or she has spent time in during the 14-day period immediately before his or her arrival in the Bailiwick.

Travel restrictions are due to change on the 1<sup>st</sup> July 2021, however until that time travellers must adhere to the regulations currently in force.

**To keep Sark safe, it is essential that we remain vigilant and continue to use hand sanitiser before entering any public premises, this includes pubs, shops and restaurants.**