

## Media Release

**Date: 21 September 2020**

### Islanders and visitors urged to strictly observe self-isolation requirements

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With an increase in cases of COVID-19 in the UK and more cases being identified amongst arrivals to the Bailiwick through testing, Public Health Services are urging anyone self-isolating or living in the same house as someone self-isolating to strictly observe the rules.

Arrivals into the Bailiwick from Group B countries and regions must self-isolate until they receive a negative result from their day 7 test. Arrivals from Group A countries must self-isolate for 14 days.

In some cases, arrivals are choosing to self-isolate with family or friends who did not travel. While this is acceptable, all of those taking part in self-isolation must be aware of the requirements and the potential that if one of them is found to test positive for COVID-19, all of those self-isolating together will be contacts of the positive case and will therefore need to self-isolate for a further two weeks, and possibly longer if they too become infected with the virus.

Those self-isolating in the same household as other people who are not self-isolating with them must strictly observe the rules and ensure they do not interact with the other household members. They must separate themselves from the other household members, never share dishes, utensils, bedding or other items. They should use separate bathroom and kitchen facilities if possible, or use the facilities at separate times and clean them thoroughly after use. Guidance is available here: <https://covid19.gov.gg/support/protect>

Those travelling into the Bailiwick should also be aware that if they are staying in temporary accommodation while they self-isolate, they may test positive for COVID-19 and need to continue self-isolating until they recover which can take several weeks.

Dr Nicola Brink, Director of Public Health said:

“We are seeing more cases among those arriving into the Bailiwick which is to be expected, as cases rise in the UK. Our ‘test, track and trace’ is working, meaning we are identifying those cases. But I am concerned that as we see more of them, any case where self-isolation requirements are not strictly observed puts our community at unnecessary risk. As a community, we have responded tremendously to this pandemic, but it is not over and we cannot afford to become complacent now.”

**Ends**