



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: PandemicEmergencyCommittee@sarkgov.co.uk

UPDATE RE CHANGE TO TRAVEL AREAS REGULATIONS.

Dear Residents,

October 2020.

As part of the Bailiwick long term plan to manage travel into the Bailiwick, whilst protecting the community and reducing anxiety for travelers, the Civil Contingency Authority is changing the current A, B & C country classification into four categories/levels depending on the current prevalence rate in the country or area of origin with effect from the 28th October 2020.

Category 1: Areas equivalent to Bailiwick of Guernsey and no community seeding. **NO ISOLATION OR TESTING. Note: the airbridge to the Isle of Man is currently suspended**

Category 2: Areas with less than 30 cases per 100,000 for seven consecutive days. **SELF ISOLATION UNTIL RESULTS OF TEST ON ARRIVAL, IF NEGATIVE ENHANCED PASSIVE SURVEILLANCE* UNTIL DAY SEVEN TEST. AFTER NEGATIVE DAY SEVEN TEST ENHANCED PASSIVE SURVEILLANCE* FOR FURTHER SEVEN DAYS.**

Category 3: Areas with more than 30 and less than 100 cases per 100,000 for seven consecutive days. **TEST ON ARRIVAL, SELF ISOLATION FOR SEVEN DAYS, TEST ON DAY SEVEN AND ENHANCED PASSIVE SURVEILLANCE* FOR SEVEN DAYS FOLLOWING NEGATIVE TEST. CURRENTLY ONLY JERSEY IS IN THIS CATEGORY**

Category 4: Areas with more than 100 cases per 100,000 for seven consecutive days. **TEST ON ARRIVAL, FOURTEEN DAYS SELF- ISOLATION**

Currently only categories 1,3 & 4 are relevant, Category 2 is a future aim and all other jurisdictions apart from Jersey come into Category 4.

Only enhanced passive surveillance*, which is noted under Categories 2 & 3, will apply in Sark.

*Enhanced passive surveillance requires that a mask is worn whenever leaving the isolation address, and there is no access to any public areas, including shops, restaurants, pubs, schools gatherings of more than ten people and any indoor public.

Residents will be advised of any changes to either categories or prevalence rates as soon as possible after official notification.

Testing on arrival is designed to enable contact tracing should a positive test result be found. It will also allow Guernsey Public Health to record if arrivals have contracted the virus during travel or before travel. All travelers can complete their travel history on-line prior to travel or in person at their arrival point.

These changes are intended to remain in force for the foreseeable future, it is inevitable that at some point Sark will record a positive case, when this happens the robust track & trace system will be started immediately, this combined with community response will protect our residents.

Anyone who does experience symptoms must notify the Dr immediately and follow her instructions.

We can keep Sark safe, early notification of symptoms, however mild, are absolutely essential to help us maintain our current lifestyle.

The symptoms that you should be aware of are:

- New and severe fatigue
- New muscle ache for no obvious reason
- Headache (sinus pain, pain around eyes)
- Loss of smell/taste
- Sore throat
- Fever (high temperature, rigors, chills, can't get warm)
- Shortness of breath, chest tightness
- Continuous new cough
- Children and Over 80s and 90s – loose stool, mild fever, not themselves with a cough presenting later.

Further information is available here: <https://covid19.gov.gg/guidance/travel/phase5c>