



The Government of Sark

## **PANDEMIC EMERGENCY COMMITTEE**

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

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

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### **Living responsibly with COVID 19**

16 March 2022

Further to the update issued on 14<sup>th</sup> March, with case numbers continuing to rise, we want to stress the importance of reporting positive LFT results to Sark's Medical Centre, as well as to the Guernsey team. The Guernsey team may not have the time to notify the Medical Centre, and it is important that members of our medical team are aware of your condition should you require treatment.

Should you have a positive test result please adhere to the following guidelines

**Anyone receiving a positive LFT result should:**

- **Notify the Medical centre by email: [practice.manager@sarkmedical.co.uk](mailto:practice.manager@sarkmedical.co.uk) or telephone: 832045 and States of Guernsey via either the clinical helpline (01481 220001 or 01481 220002) or the online form at <https://www.gov.gg/covidnotification>**
- All positive cases will be requested to stay at home for 10 days with early release if they are asymptomatic and LFT negative from day 5 and again 24 hours later. This is voluntary – we are asking the community to work together to keep everyone safe.
- **From Midnight tonight, you will no longer be automatically offered a confirmatory PCR test when you report a positive LFT, unless it is a medical necessity.**
- You will be asked to notify your close contacts

#### **Stay at home request**

Although it is no longer legally mandated for positive cases in the Bailiwick of Guernsey to self-isolate, in order to protect those around you and our community Public Health requests you stay at home for a full 10 days, to break the onward chains of transmission.

**We ask you all to wear face coverings in indoor public spaces where possible and please take an LFT test before attending any event.**

Thank you for helping to keep Sark and our community safe.