



The Government of Sark

PANDEMIC EMERGENCY COMMITTEE

A COMMITTEE OF THE CHIEF PLEAS OF SARK

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Living responsibly with COVID 19

14 March 2022

Sark is currently experiencing an outbreak of the Omicron variant of COVID 19 and we would remind all residents that they MUST follow the current Bailiwick guidelines, including isolation. We now have the highest recorded number of cases since the pandemic started and the need to protect our community has not gone away with the reduction in mandatory regulations.

Please DO NOT travel on Sark Shipping if you do test positive, you may be travelling with vulnerable passengers, or passengers who live with a vulnerable person.

Travelling when positive can also put the crew at risk and therefore our lifeline passenger and cargo link at risk from an outbreak.

Please continue to use lateral flow tests regularly and especially before attending events where you may be in contact with other residents. LFT test kits are available, free of charge, from the Committee Offices which will be open at all times for collection.

If you need to visit the surgery, please take a Lateral Flow test beforehand and wear a mask whilst on the premises.

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

Am I required to self-isolate?

If you test positive for COVID-19 (with an LFT or PCR test) you are requested to 'stay at home' to break onward chains of transmission.

Anyone receiving a positive LFT result:

- Please notify the Medical centre by email: practice.manager@sarkmedical.co.uk
- 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.
- You will be offered a confirmatory PCR test, which we recommend accepting for future travel purposes, should it be required by employer, or if the case has previously had an infection of COVID 19
- 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 strongly recommend the following:

- Stay at home for 10 full days from your positive result; during this time you can go for unlimited, socially distanced outdoor exercise
- Limit contact with others in your household where possible
- Do not have visitors in your home
- Ask for help if you require a delivery of groceries, other shopping or medications
- Always observe good hand hygiene and respiratory etiquette

however if:

- You are symptom-free; AND
- You have 2 negative lateral flow tests 24 hours apart from Day 5 (e.g. a negative LFT on days 5 & 6, or days 6 & 7, or days 7 & 8, or days 8 & 9 or days 9 & 10)

it is likely that you are no longer infectious and you no longer need to stay at home.

If you do release yourself early from your stay at home period, please continue to be especially careful until the end of your day 10. We ask that you follow the 'Guidance for case between Days 6 & 11 (Recovery Date 00:01) if LFT negative and asymptomatic'.

Guidance for case between Days 6 & 11 (Recovery Date 00:01) if LFT negative and asymptomatic

You may return to work or school and you may travel off-island during this time however, to further reduce the chance of passing COVID-19 on to others, if you end your stay at home period before Day 11, you are strongly advised:

- to discuss with your employer before you attend work so that they may do an individual risk assessment before your return
- to not visit a hospital, care and residential home or other health and care facility without prior arrangements unless in an emergency

and you are also advised:

- to limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces. **You should inform all individuals you meet with of your status, until your Day 11 (00:01 Recovery Date)**
- to work from home if it is practical for you to do so
- to wear a face covering in crowded, enclosed or poorly ventilated spaces, on public transport and where you are in close contact with other people, including at work and during any off-island travel
- to practise social distancing when you are outside your home, and always observe good hand hygiene and respiratory etiquette.
- to limit contact with anyone who is at higher risk of severe illness if infected with COVID-19

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