



The Government of Sark

PANDEMIC EMERGENCY COMMITTEE

A COMMITTEE OF THE CHIEF PLEAS OF SARK

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PASSIVE FOLLOW UP

What can I do if I am in passive follow up after being a contact of a case?

If you are fully vaccinated and 19 or over, or if you are 18 or under, you will not be asked to self-isolate. Instead, you will be asked to follow passive follow up rules, with additional testing. Passive follow-up means that you:

- Must at all times be vigilant for symptoms, however mild, of COVID-19; must report any such symptoms to the Surgery. If such symptoms occur outside surgery hours, you should isolate until the following day. If on a weekend, isolate until the Monday morning. If symptoms are severe and you are concerned, please dial 999 and ask for the Doctor. You must comply with any instructions given thereafter (which may, for the avoidance of doubt, include an immediate self-isolation).
- Must not enter a nursing, care or residential home without the prior agreement of the manager of the home, received after having informed the manager of the home of your status as being subject to these restrictions and should not return to work there unless you have an agreed method statement with the care or residential home manager;

- Must limit contact with anyone who is clinically extremely vulnerable;
- Must not, other than in an emergency, enter the Princess Elizabeth Hospital or Mignot Memorial Hospital, and in an emergency must give prior notification of your status as being subject to these restrictions before entering the Princess Elizabeth Hospital or Mignot Memorial Hospital if reasonably practicable and should not return to work there unless you have an agreed method statement with your manager;
- Must inform any other healthcare provider (for example, a doctor, optometrist or dentist) of your status as being subject to these restrictions when making any appointment for care;
- Must speak to your specific workplace about whether they have restrictions on you returning to work whilst you are a contact of a case.
- Must, so far as reasonably practicable, keep a record of people met and places visited (to assist with contact tracing if necessary); and,
- Must comply with any additional conditions and restrictions imposed from time to time by the Medical Officer of Health.

You should also:

- Consider limiting close contact with people outside your household, especially in enclosed spaces;
- Consider wearing a face covering in enclosed spaces and where you are unable to maintain social distancing;

'Stay at Home' request

If you are a contact of a case, over 19 years old and not fully vaccinated, you will be asked to follow a 'Stay at Home' request:

- you should contact Public Health on 01481 224127 or 01481 227311 to discuss the 'Stay at Home' requirements.
- a letter detailing the 'Stay at Home' request will be posted to you
- whilst you are participating in the 'Stay at Home' request you should take daily lateral flow tests and will be referred for a PCR test;
- you will be able to participate in two hours of socially distanced exercise per day during your stay home period. This is to support your mental and physical wellbeing. **You must not meet up with anyone from outside of your household.** This exercise should be in an outdoor public space such as a beach, a park or along quiet paths and roads. You should not go anywhere that is crowded (including to shopping areas). If your home has a communal garden shared with other households, you can use this providing you are able to maintain a distance of at least 2 metres from other residents.