



The Government of Sark

PANDEMIC EMERGENCY COMMITTEE

A COMMITTEE OF THE CHIEF PLEAS OF SARK

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COVID 19 UPDATE.

JULY 19th 2021

A case of COVID-19 has been identified in Sark over the weekend after a person tested positive for the virus.

The individual was already in self-isolation, is cooperating fully with all self-isolation requirements and will remain at their address whilst continuing with their self-isolation. Initial contact tracing has established that the individual has no contacts and no other individuals are being required to self-isolate as a result of this case.

“While this is Sark’s first positive case since the pandemic began, it’s a situation we are fully prepared for,” said Director of Public Health, Dr Nicola Brink, “and I want to reassure people that because we identified this person whilst in isolation there is minimal risk to the community.”

“The person was a traveller and was tested on arrival, where they tested negative. They later developed symptoms while in self-isolation and subsequently tested positive. The person will continue to be monitored and treated in accordance with the Medical Officer of Health’s guidelines and we all wish them a speedy recovery.

This, however, serves to remind everyone to wash their hands, dispose of used tissues etc safely, respect peoples’ personal space and stay at home if you are unwell and seek medical advice. We are not recommending any additional formal measures in Sark but as part of living responsibly with COVID we should all as individuals consider sensible measures. Depending on your individual circumstances, such as the nature of your work, that may include applying some social distancing or wearing a face covering.

While we think the risk of any onward transmission from this case is extremely low, as an additional precaution to give assurance to Sark’s community, we will be carrying out some targeted surveillance testing.”

PLEASE CAN WE REMIND THE COMMUNITY, VISITORS AND RESIDENTS THAT SYMPTOMATIC TESTING IS FREE AND ANYONE WITH EVEN MILD SYMPTOMS MUST STAY HOME AND CONTACT THE MEDICAL CENTRE IMMEDIATELY.

The symptoms to look out for:

- Headache, sore throat and a runny nose*
- Tiredness, new and severe fatigue (recent onset)
- Aches and pains, new muscle ache for no obvious reason (recent onset)
- Headache (sinus pain, pain around eyes)
- Conjunctivitis (itchy, watery, painful or pink eye(s))
- Loss of taste or smell
- Sore throat
- Fever (high temperature, rigors, chills, can’t get warm)
- Difficulty breathing or shortness of breath
- Dry cough (Continuous new cough)
- Diarrhoea

- Children and Over 80s – loose stool, mild fever, not themselves with a cough presenting later
- A rash on skin, or discolouration of fingers or toes (seek urgent medical advice)
- Chest pain or pressure, shortness of breath, chest tightness (phone the emergency services on 999)
- Loss of speech or movement (phone the emergency services on 999)
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*Some younger people with the **Delta Variant** are presenting with headache, sore throat and a runny nose, so symptoms similar to the symptoms of a bad cold. Parents/carers are asked to be vigilant for these symptoms and request a COVID-19 test however mild the symptoms are. A runny nose associated with **known** allergies such as hay-fever, animal/pet hair or other irritants, which responds to antihistamines or other prescribed medication do not require referral for a COVID-19 test.

Thank you.