



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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REMINDER

IF YOU DEVELOP ANY OF THE FOLLOWING SYMPTOMS, HOWEVER MILD, PLEASE STAY HOME, ISOLATE FROM OTHER MEMBERS OF YOUR HOUSEHOLD AND **CONTACT THE DOCTOR BY PHONE ON 832045 or 07781 100815. **YOU MUST NOT VISIT THE SURGERY.****

- New and severe Fatigue
- New muscle ache for no reason
- Headache (sinus pain, pain around the 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 – loose stool, mild fever, not feeling themselves, presenting with a cough later.

It is crucial to the safety of residents and our ability to progress back to a more normal way of life that we discover any potential cases of Covid 19, however mild, whilst Sark is 'locked down' and NOT when we are 'out and about' again.

Please do not worry that you are wasting anybody's time and be assured that your test will be carried out in strictest confidence.