



The Government of Sark

## **PANDEMIC EMERGENCY COMMITTEE**

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

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### Islanders must still look out for COVID-19 symptoms

As Sark has moved into Stage 3 of our exit from lockdown, islanders are asked to continue to look out for signs of COVID-19.

Over recent weeks we have seen the number of symptomatic islanders seeking a COVID-19 test reducing. Whilst we know that lockdown will have reduced the number of other bugs circulating in the community, we still need people to be vigilant.

Jenny Cataroche, Head of Health Intelligence said: 'It is extremely important that Islanders come forward for testing no matter how mild their symptoms might be. People mustn't feel they are making a fuss or making work for the testing team by getting a test for mild symptoms —that's what the teams are there for.

Reflecting on experiences from this most recent wave, we have certainly had some people who tested positive with headache as their only symptom and we have certainly had people who were extremely surprised to see a positive result because their symptoms were so mild. You don't need to have lots of the symptoms from the list to seek a test. Experiencing any one of them should be the prompt to seek testing.'

Dr Nicola Brink, Director of Public Health added: 'It is also important for people to not think they are 'spoiling' our run of negative results. If there are undiagnosed cases in the community, then these will manifest at some point in time and the sooner we detect these and prevent further onward transmission of the virus, the better. So please do come forward for testing if you have symptoms, no matter how mild'

The symptoms islanders should look out for are as follows:

- 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)

If you do start to experience any symptoms, no matter how mild, please contact the Medical Centre on 832045. If you feel very unwell, phone 999 and tell the operator of your symptoms.

**Please do not visit the Medical Centre unannounced.**

Anyone who has COVID-19 like symptoms MUST stay at home, call the medical centre and arrange a test for COVID-19.

If you cannot isolate away from other members of your household then all members of that household should stay at home until a negative COVID19 test is received.

Please do not go to work or school if you have any COVID-19 symptoms, however mild.