



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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January 26<sup>th</sup> 2021

Dear Sark Residents,

On Friday 22<sup>nd</sup> January 2021 late afternoon/early evening four apparently unrelated cases of COVID 19 were detected in Guernsey. These cases meet the criteria for the re-introduction of lockdown across the Bailiwick.

The Bailiwick authorities have instructed that the Bailiwick will go into lockdown with immediate effect and for an indeterminate period. This will be reviewed regularly and extensive contact tracing is now underway.

Some of us may wonder whether the re-implementation of these new regulations is too drastic for Sark and with our extra degree of isolation from Guernsey, are we safer from this outbreak? Unfortunately **WE ARE NOT**. In fact given the demographic of our population and the way our daily lives are closely connected, we are potentially at an even greater risk. Over 50% of our population are over the age of 60.

### **Why can't I go to work in small groups or on my own?**

Some residents may think that if you work on your own, in small groups, outside, or on private properties that these measures shouldn't apply to you. **THEY DO and are legally enforceable**. You might be the most careful and diligent worker in what appears to be the safest possible location but how can you know who may visit those same areas or touch something that you have several days later? Some people may not be as diligent as others and it is impossible to know everyone's movements so the only practical step to limit the threat posed to the whole community is to reduce the movement and interaction of people as much as we possibly can. The sole purpose of these measures is to limit the spread of this virus as much as possible for the sake of the individual and every single person in Sark, and the whole Bailiwick.

The primary reason for doing this is to reduce the risk of overloading our own medical facilities and those in Guernsey that provide cover to the whole Bailiwick. The document posted to the Chief Pleas website regarding '**Covid 19 transmission advice**' goes some way to explaining how the Coronavirus family of viruses are transmitted and how long they survive on surfaces. These Bailiwick wide regulations have been prepared by medical experts and scrutinised by the law officers to ensure they are based on the very best scientific evidence and are proportional to the current threat. These regulations can only be effective if we put the needs of our whole community above our own and work together on this.

### **Key workers**

In line with Bailiwick advice, taking into account Sark's specific needs, and in cooperation with local businesses, all key workers have been identified and personally informed. They are taking precautions to ensure their own safety and that of everyone on Sark and we thank them for volunteering to serve the community at this challenging time. Key workers should isolate themselves as much as possible from other members of their household. There are other instances where individuals may need to attend to emergency work or perform specific tasks and these people should contact the constable in advance before doing so.

## Why are the shops in Sark closed but still open in Guernsey?

Due to the size of our island and the limited number of residents we are lucky enough to be able to service the needs of our community by offering a delivery service from the food, off licence and hardware shops and an appointment service for HSBC Bank on 832080. Shop ordering details are listed below in the groceries and goods section. This is far safer for the general public and the shop staff themselves than opening as usual as it greatly reduces contact between residents. Many thanks must go to these key businesses for their hard work and dedication in adapting to these new measures.

## Returning residents

The CCA have agreed regulations for Sark for arrivals from Guernsey:

Until further notice, any person who arrives in Alderney or Sark from Guernsey must self-isolate for 14 days.

You can request at your choice to have a test on arrival in Sark and a test on day 13.

This is not mandatory at this time, but for the protection of our community we would highly recommend you have these tests.

Should you receive a positive test, you must remain in self-isolation and Dr Borchardt will contact you direct.

Anyone returning from OUTSIDE of the Bailiwick will be offered a test on arrival, be required to self-isolate for fourteen days and have a mandatory test on day 13. You can decline the day 13 test but will then need to self-isolate for 21 days.

ALL passengers will be met at the Harbour by the ambulance and transported to their accommodation

Passengers from beyond the Bailiwick must remain in isolation until you receive a negative day 13 test. You must NOT leave isolation until you have received a negative COVID test or you have completed 21 days isolation.

Please remember that self-isolation is very different to the measures affecting everyone else and **does not include 2 hours outside the household each day.**

## Travel to and from Sark

Regular travel to and from Sark by Isle of Sark Shipping or private boat is suspended for the moment. In the case of emergency or urgent medical treatment please contact the Doctor as usual. For any other travel advice please contact the Pandemic Emergency Committee on 832118.

## Reminder on regulations

Please remain within your households as much as possible except for 2 hours of exercise per day. When outside, alone or in household groups, please keep a minimum of 2 metres from other individuals or groups. It is fine to work in your house or garden as long as you can keep your distance from other households. Please **DO NOT VISIT OTHER HOUSEHOLDS**. Please use this time in a positive way. Get those jobs done around the home that you have been putting off for weeks (or years!), get that paperwork done at last, write or email loved ones, take some exercise and do that spring cleaning!

If you are in any doubt as to what you should do in certain situation then please contact the Pandemic Emergency Committee on 832118 or the Constable on 07781 101 908 who will advise you accordingly.

## **Message for Sark from Dr. Nicola Brink - Director of Public Health for the Bailiwick**

“The Public Health Team is very conscious of the potential impact of any community seeding of COVID-19 for Sark, given the size and age demographic of its community and its dependence on a single GP. Bearing these factors in mind, I have advised that the appropriate course of action is to introduce the same strict measures for Sark as elsewhere in the Bailiwick.

I can't stress strongly enough that the single most important action we can now take as a community in fighting the coronavirus is to stay at home in order to protect your Island and your medical infrastructure and save lives.”

### **Elderly and vulnerable.**

Please could everyone consider our elderly population and our vulnerable residents, who like yourselves are not used to this lockdown situation we find ourselves in.

If you think of anyone who may need any support either financially or even just a friendly person on the end of a telephone just to have a chat, please contact:

Sharon:- Island Safeguarding Officer 07781105772

Rev David Stolton 01481832040

Again we are trying to reduce the amount of non-essential workers going around the island, so please contact the above if you have any concerns over a member of the Sark community and they will contact them personally.

### **Education – Parents & Families**

Dr Nicholas Roberts will contact parents with advice for continuation of educational materials.

Please contact your child's class teacher for any further curriculum work or advice.

Please could we encourage a healthy and safe environment for all our children, we all need to be working extremely hard to keep things as normal as possible during this difficult and stressful period of all our lives.

### **Groceries and goods**

As you are aware the food stores and Gallery hardware store are now closed to the public.

Please could you contact your store via email or telephone to place your order for delivery on Mondays, Wednesdays and Fridays only.

**FOOD STOP** [foodstop.sark@cwgsy.net](mailto:foodstop.sark@cwgsy.net) 832660

**MON PLAISIR** [home.deliveries@monplaisirstores.sark.gg](mailto:home.deliveries@monplaisirstores.sark.gg) 832600

**POST OFFICE/NATWEST COUNTER** [hardware@thegallerystores.sark.gg](mailto:hardware@thegallerystores.sark.gg)

Notice re Post Office & Natwest desk within the Gallery.

We shall be despatching mail to Guernsey as often as the boats allow us. The Post Office will be manned Monday to Saturday as normal and we will be operating appointments for essential banking and postal services. The door will be closed; however staff will allow customers to enter one at a time and customers should wear masks and use hand sanitiser.

Deliveries will continue for essential items, post and parcels.

Contact details are: The Sark Post Office telephone number is 832005, The Gallery Stores telephone number is 832078 and for those who wish to place orders on line they can use [hardware@thegallerystores.sark.gg](mailto:hardware@thegallerystores.sark.gg)

### **Medical Centre & Prescriptions**

The surgery will be closed, appointments will be by telephone consultation only. If you need to arrange an appointment, please contact the Dr. and do not visit the surgery.

Please could you request your repeat prescriptions at least 5-7 days before you run out of medication with the practice manager or nurse.

These can be collected from the surgery between 9am till 2pm Monday – Friday, ring the bell and Fiona will out come to you.

**PLEASE REMEMBER TO STAY HOME, ISOLATE FROM OTHER MEMBERS OF YOUR HOUSEHOLD AND CONTACT THE DR IMMEDIATELY BY PHONE IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS, HOWEVER MILD. YOU MUST NOT VISIT THE SURGERY.**

Fever.

Dry cough.

Tiredness.

Less common symptoms:

Aches and pains.

Sore throat.

Diarrhoea.

Conjunctivitis.

Headache.

Loss of taste or smell.

A rash on skin, or discolouration of fingers or toes.

Serious symptoms:

Difficulty breathing or shortness of breath.

Chest pain or pressure.

Loss of speech or movement.

### **Financial support and assistance**

For any person or persons that are experiencing difficulties, financial or otherwise, are asked to contact the Sark **PROCUREURS**. They will assess each request on a case by case basis and give support where most necessary.

Steph (Procureur) 07781-408576

Email: [procureurs@sarkgov.co.uk](mailto:procureurs@sarkgov.co.uk)

### **Food bank**

If anyone is in urgent need of food please contact Reverend David Stolton who is administering a food bank on 832040.

### **Communication**

If any resident does not have a mobile phone or access to the internet please can they contact the Pandemic Emergency Committee for assistance.

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