



Media Release

embargo until time/date

Date: 6 February 2020

Self-Isolation

Public Health Services has released further information for Islanders who have returned from Mainland China in the last 14 days.

Dr Brink, Director of Public Health said:

‘Guernsey needs to maintain its ability to provide essential public services. An outbreak of any viral illness can impact on the staff and resources needed to deliver these services.

To do this we need the public to work with us and we are asking that any individual, who returns to Guernsey from visiting Mainland China within the last 14 days self-isolate at home to reduce the risk of the infection being introduced to the island’s community.’

Self-isolation is the act of separating yourself from physical contact with the rest of the community for a specified period of time. In this case Public Health Services recommend that individuals stay indoors and avoid physical contact with others. **These precautions should be taken for 14 consecutive days from the time of departure from Mainland China.**

Dr Brink added:

‘Self-isolation for 14 days is extremely difficult for the individuals/families concerned. We need to work together as a community to support people in these circumstances as they are acting responsibly to protect the Island. I would urge all Islanders to act compassionately and encourage them to offer support to friends and family by keeping in contact by phone or text, as visiting is not advised. Islanders can also offer help to friends and family in self-isolation by delivering groceries and other essentials and leaving them by the door. Work and other papers can be delivered too as there is no evidence of the virus being shared on paper or cardboard.’

Current Public Health England guidance about self-isolation states that you should:

- NOT attend work, school or public places
- Avoid visitors in your home
- Avoid using public transport or taxis

Full details of help and support the States of Guernsey can provide during a period of self-isolation can be found at www.gov.gg/coronavirus

Public Health Services would like to remind Islanders that they should always take simple daily precautions to help prevent the spread of respiratory illness. These include:

- Avoid close contact with people who are sick and have travelled to an area affected by the novel coronavirus.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Wash your hands frequently or use an alcohol-based hand sanitiser.
- Follow good hygiene practices: cover your nose and mouth when coughing or sneezing, use tissues only once, disposing of them promptly and carefully, wash hands frequently.

Ends

Notes to Media

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