

Media Release

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Public Health remind returning travellers to self-isolate away from their bubble

Public Health Services is reminding those who are returning to the island that they must self-isolate for 14 days and that their self-isolation must be away from the rest of their household – even if they have chosen them to be in their ‘bubble’. Self-isolation is the act of separating from physical contact with the rest of the community and is essential to protect the island from the risk of infection.

Dr Nicola Brink, Director of Public Health said:

‘Any individual, who returns to Guernsey is legally required to self-isolate at home for 14 days. This means that they need to self-isolate away from the rest of their household. As tempting as it may seem to be together in the house during the 14 days, those returning must adhere to the self-isolation guidance.

Specifically people returning to Guernsey from outside of the Bailiwick need to:

- Stay in a well-ventilated room with a window to outside that can be opened, separate from other people in their home.
- Keep the door closed.
- Only come out when necessary
- Not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in the home
- If available, use a separate bathroom from the rest of the household.

Further details can be found at <https://covid19.gov.gg/support/protect>”

Dr Brink added “we know that self-isolation for 14 days can be very difficult for the individuals/families concerned and we need to work together to support people in these circumstances as they are acting responsibly to protect the Island. This includes waiting until

they complete their 14 days before being with them and enabling them to join their chosen bubble”

Ends