



7 Day Self-Isolation Option

Travel-related spread of the virus that causes COVID-19 contributed substantially to transmission across the world in the early phase of the pandemic, including in the Bailiwick of Guernsey. This trend was practically eliminated in Guernsey with the introduction of broad border controls and 14 days of compulsory self-isolation for everyone travelling to the Bailiwick.

After an earlier trial to establish an alternative to a 14 day period of compulsory self-isolation, the Civil Contingencies Authority (CCA) agreed to move to Phase 5b of the Exit from Lockdown framework. Phase 5b sees the re-introduction of Group A, B and C Countries.

If you have arrived from a Group B country or region, you will be able to opt for a test on Day 7 with release to passive follow-up on receipt of a negative test. This includes Herm and Sark residents. If you choose not to take a test on Day 7, you will have a compulsory 14 day self-isolation period.

If you have spent time in a Group A country or region in the 7 days immediately before your arrival in the Bailiwick, you will not be eligible for the test on Day 7 option.

The classification of a country will be considered on the date of your arrival into the Bailiwick, regardless of whether that country was classified in the same or a different Group when you spent time there. The classification of countries and regions is reviewed daily and updated at <https://covid19.gov.gg/guidance/travel/countries>. A watch list of Group B countries that are more likely to soon be reclassified as Group A is also available.

Self-isolation is separating yourself from physical contact with the rest of the community, including those who you live with where possible, for a specified period of time. You should remain in your home, except for getting medical care or to have a test swab taken. You cannot go to work, school or public areas or use public transport or taxis until you have been told that is safe to do so. More information on self-isolation is available online at <https://covid19.gov.gg/support/protect>.

If you do not self-isolate as required under the Regulations, you may be prosecuted and, if convicted, sentenced to pay a fine of up to £10,000.

What happens when I arrive in Guernsey?

If you are travelling with a commercial airline or ferry operator, you will be provided with a form to complete before you land. In that form, you will be asked to list the countries and regions you have visited in the 7 days before you travelled to Guernsey.



When you arrive, you will need to present this form along with your ID to a Guernsey Border Agency representative.

In most cases the Guernsey Border Agency will be able to confirm if you are eligible for the option of testing on day 7 of their self-isolation, or if you must self-isolate for a full 14 days.

If your travel history is unclear or further information is required, you will be informed that you need to self-isolate for 14 days. After reviewing your information further, the Guernsey Border Agency (GBA) will contact you directly if they believe you are eligible for the test on Day 7 option.

Please note that these measures are in place to protect the health and wellbeing of the Bailiwick of Guernsey's community, however they may mean it takes more time to make your way through arrivals. We would like to thank visitors in advance for their patience.

After providing the relevant information to the authorities, you can then leave the airport or harbour to travel directly to the location where you will be self-isolating. Please ensure you have your onward travel to where you will be self-isolating, arranged or booked.

It is recommended that you use your own vehicle. Where this is not possible, a friend or family member may collect you provided you sit in the rear of the vehicle, the windows are kept open and the vehicle is cleaned after use. If there is no alternative, a taxi can be used. Only one passenger is permitted per journey, unless you are a couple/family and will be self-isolating together.

Passengers are recommended to continue wearing face masks issued prior to boarding the aircraft until such time as they reach their final destination.

If you choose to, or need to, self-isolate with other members of your household who have not travelled with you, you will need to inform the booking team of this when they call you to arrange your test as they will also need to be tested.

Those arriving into the Bailiwick of Guernsey on a private aircraft or vessel, will also be required to fill out a form and provide the same information on arrival to a Guernsey Border Agency representative.

In general, travellers are expected to arrange their own travel for their test, either using their own private transport or a taxi. More information on using taxis to travel to the testing drive-through, please go to <https://covid19.gov.gg/guidance/travel/general>.



What happens when you transit through Guernsey to Alderney during Phase 5b?

If you are travelling onward to Alderney, you will need to complete the form listing all the countries and regions you have visited in the seven days before travel to the Bailiwick. This will then need to be presented to a Guernsey Border Agency representative. After this, you will be able to commence your onward travel directly to the location where you will be self-isolating in Alderney.

On arrival in Alderney, you are required to travel directly from the airport or harbour to your designated self-isolating address. If you have arrived from a Group B country or region, you will be eligible for a test on Day 7, which if negative will release you into a further seven-day period of passive follow up. The restrictions on travel and the rules regarding self-isolation and during the period of passive follow up will be the same as in Guernsey. More information can be found at <https://covid19.gov.gg/guidance/travel/phase5b>.

The COVID-19 tests will be conducted by Health & Social Care (HSC) staff who will contact you directly to arrange the test.

What is Passive Follow-Up?

Passive follow-up means a person must:

- be aware of COVID-19 symptoms, however mild, and you must report any symptoms immediately to Public Health;
- not enter a nursing, care or residential home without the prior agreement of the manager of the home – you must tell the home you are subject to passive follow-up restrictions. If you work in such a home you must seek the advice of your line manager before you return to work;
- not, other than in an emergency, enter the Princess Elizabeth Hospital or the Mignot Memorial Hospital and in an emergency you must let them know you are subject to passive-follow up restrictions if this is possible;
- inform any other healthcare provider (for example, a doctor or dentist) that you are subject to passive follow-up restrictions when making any appointment for care;
- so far as reasonably practicable, keep a record of people met and places visited (to assist with contact tracing if necessary);
- comply with any additional conditions and restrictions imposed from time to time by the Medical Officer of Health

If you do not comply with the above, you will be required to self-isolate until Day 14. In addition, you may be prosecuted and, if convicted, sentenced to pay a fine not exceeding £10,000.



What sort of test will I be given?

A clinician will use a swab to take a sample from both your nostrils and from the back of your throat. This test is highly accurate and will indicate if the virus that causes COVID-19 is present at the time of testing.

When and where will I be tested?

If you have opted to take part in the test on Day 7 option, you will receive a phone call from the COVID-19 test booking team. This is likely to be on Day 6.

Tests will be carried out in a drive-through area on the Princess Elizabeth Hospital site, during which you must remain in your vehicle. Clear instructions will be provided when you receive a phone call to book your appointment.

Please ensure that no other passengers are in the vehicle during your test, unless you have been self-isolating together (e.g. as a family). If you do not have access to a vehicle or you cannot drive, you should book a taxi to travel for the purpose of your test. More information can be found at <https://covid19.gov.gg/guidance/travel/phase5b>.

Under no circumstances will requests for early testing be accepted.

Additional information on getting tested can be found online at <https://covid19.gov.gg/support/getting-tested>.

When and how will I get my results?

You are likely to receive your results between 24 and 48 hours after the swab has been taken.

In the form you fill out with your personal details, you will be asked to tick a box if you consent to contact by text message where your result is negative.

If you do NOT consent to receive a text message, or if your result is positive, you will receive a phone call.

Please note that multiple results cannot be sent through to a single number e.g. families or travelling groups. Each individual will instead receive a phone call. Children's results will not be sent in text message format and a parent or other person with parental responsibility will be phoned.



What happens if I get a positive result?

If you get a positive result, the Public Health Team will inform you of your result and will provide you with all the guidance required. You will be required to remain in self-isolation and will receive a further test at a later stage (usually 14 days after the initial test, providing you have no symptoms) to confirm your status. The contact tracing team will also be in touch to gather further information about your journey, activities and people you have spent time with.

Should you develop any symptoms before or after your test (however mild) you must ring the Coronavirus helpline on **01481 756938** or **01481 756969**.

For further information on all aspects of self-isolation, go to <https://covid19.gov.gg/support/protect>.