



Coronavirus Exit from Lockdown Phase 5c

15th October 2020



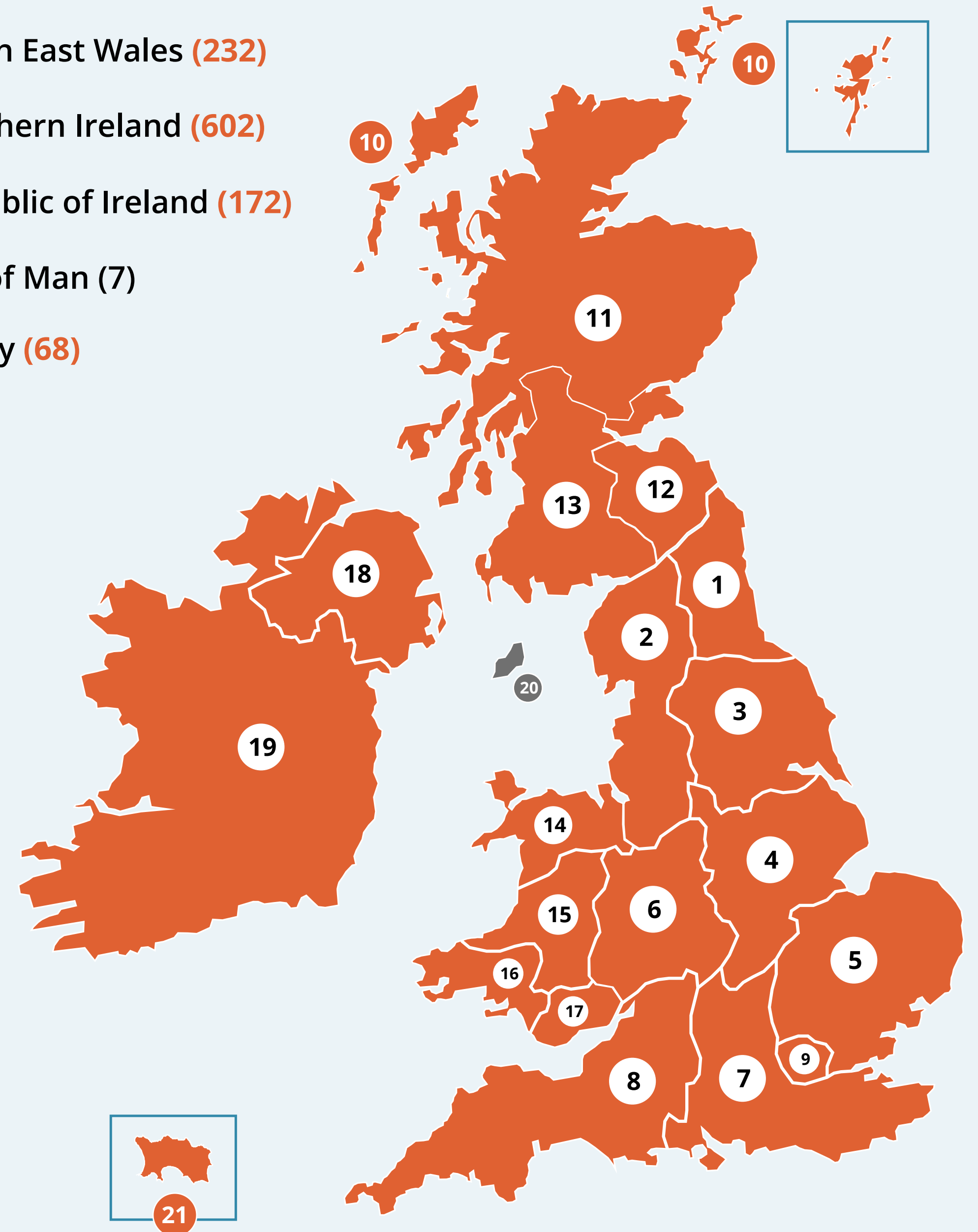
States of Guernsey
Public Health Services

#GuernseyTogether

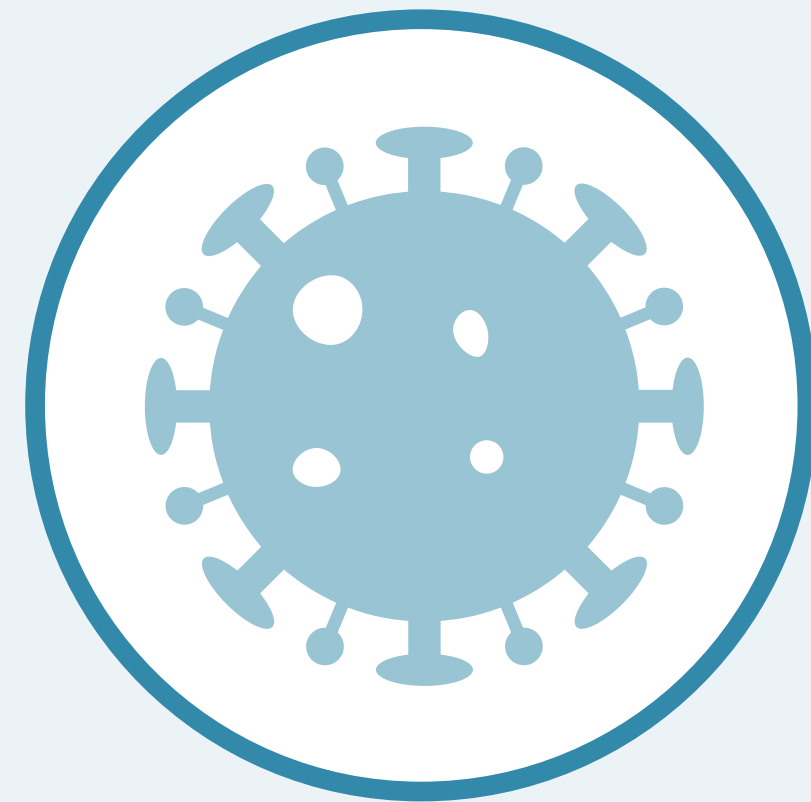
[Gov.gg/coronavirus](https://www.gov.gg/coronavirus)

COVID-19 Prevalence Rates

- 1 North East (543)
- 2 North West (655)
- 3 Yorkshire & The Humber (478)
- 4 East Midlands (322)
- 5 East of England (113)
- 6 West Midlands (223)
- 7 South East (105)
- 8 South West (122)
- 9 London (166)
- 10 Scotland - Islands (50)
- 11 Scotland - North (86)
- 12 Scotland - East (194)
- 13 Scotland - West (307)
- 14 North Wales (229)
- 15 Mid Wales (72)
- 16 South West Wales (174)
- 17 South East Wales (232)
- 18 Northern Ireland (602)
- 19 Republic of Ireland (172)
- 20 Isle of Man (7)
- 21 Jersey (68)



(Air Bridge)
**Category
1**



Prevalence

**Equivalent to
the Bailiwick of
Guernsey** and no
community seeding



Testing

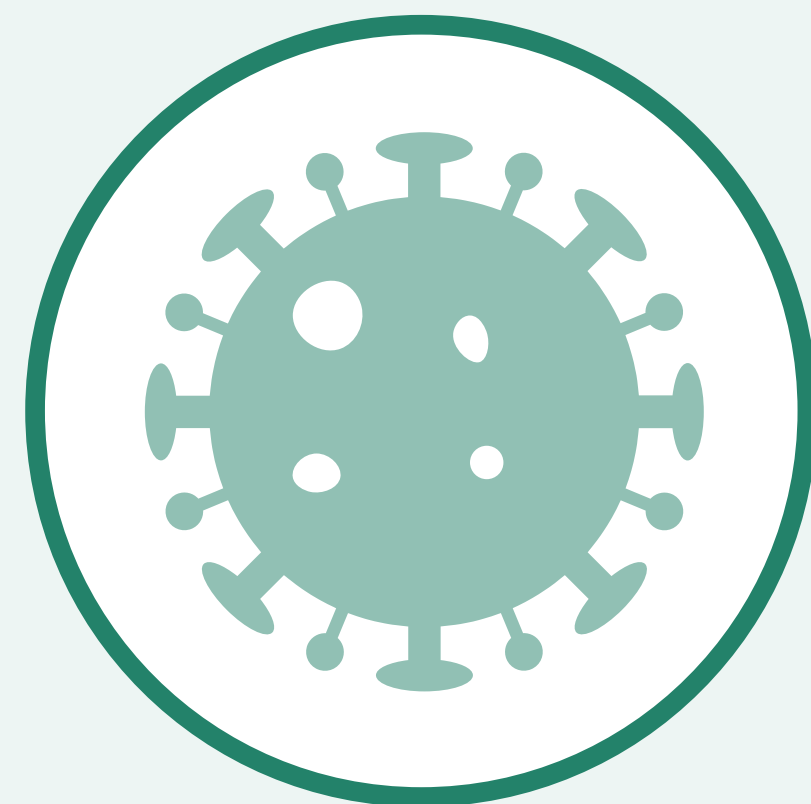
**No test
required**



Self-Isolation

**No self-isolation
required**

Category 2



Prevalence

Less than 30 per
100,000 for 7
consecutive days



Testing

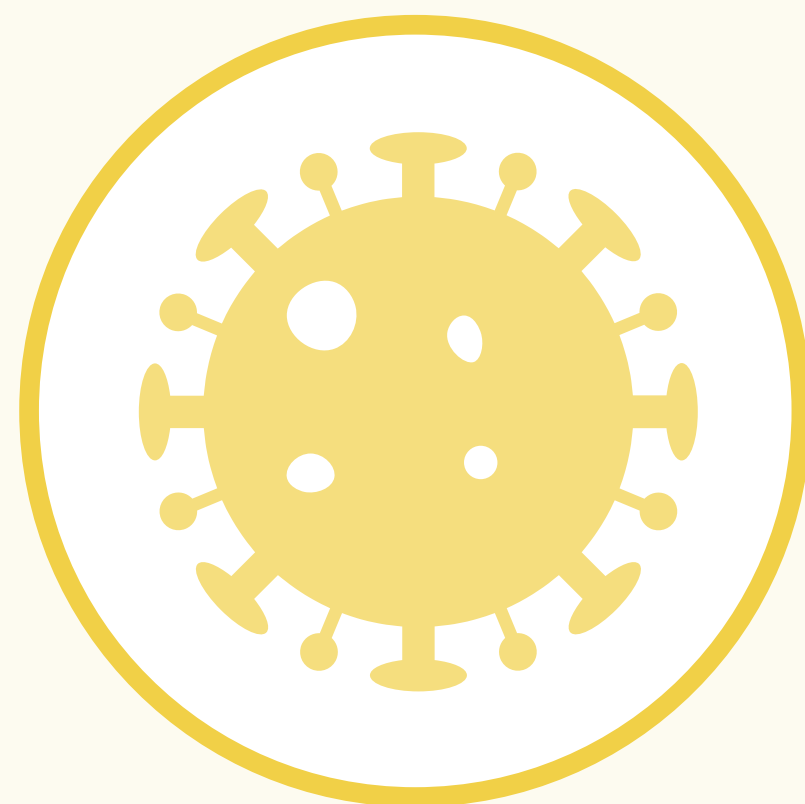
Test on arrival
(Day 1) and test
on **Day 7**



Self-Isolation

Self-isolation until
the results of Day 1
test. If negative,
**enhanced passive
follow-up** until Day
7. If Day 7 test is
negative, **passive
follow up**

Category 3



Prevalence

Between 30 to 100
per 100,000 for 7
consecutive days



Testing

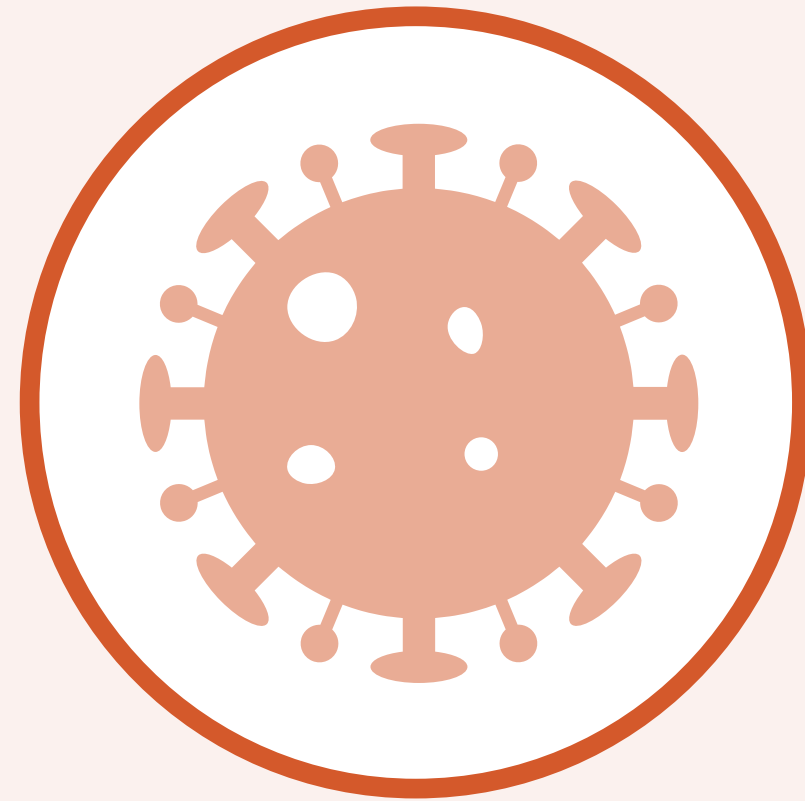
Test on arrival
(Day 1) and test
on **Day 7**



Self-Isolation

Self-isolation until
the results of the
Day 7 test. If
negative, **enhanced
passive follow-up**
until Day 14

Category 4



Prevalence

More than 100 per
100,000 for 7
consecutive days



Testing

Test on arrival
(Day 1)



Self-Isolation

Self-isolation for
14 days

COVID-19

Enhanced Passive Follow-up



Exercise

You can have unlimited outdoor exercise whilst maintaining a 2 metre social distance.



Going Out

You must not go into any indoor premises for anything other than essential shopping.



Gatherings

You must not attend gatherings of more than 10 people. Any gatherings must meet specific criteria.



Public Transport

You must not use public transport unless it is a taxi company with the appropriate mitigation to protect the driver.

COVID-19 Enhanced Passive Follow-up



Symptoms

You should look out for symptoms, however mild. If any symptoms develop you should report them to Public Health immediately.



Health and Care Premises

You must not enter a nursing, care or residential home without the prior agreement of the manager. You must not enter the hospital unless it is an emergency.



Record of Contacts

Must keep a record of people met and places visited (to assist with contact tracing if necessary).



Work

If you have a job that requires you to interact with the public (i.e. teaching) you cannot return to work. Work for critical workers needs to be specifically risk assessed.

COVID-19 Enhanced Passive Follow-up



Additional Restrictions

Must comply with any additional conditions and restrictions imposed from time to time by the Medical Officer of Health.



Visitors

It is recommended that during the period of modified isolation that a person interacts as little as possible with others from outside of your household.



Education of Children

Children cannot attend educational settings during this period.



Face Masks

It is strongly recommended that when outside the home you should wear a face covering, practice social distancing.