

COVID-19 – Coronavirus

Operation Jingle Bells

Please read this before you travel back to the Bailiwick. We need you to work with us to keep islanders safe this winter.

#SaveChristmas



States of Guernsey
Public Health Services

*Together we are
stronger*

#GuernseyTogether #Winter2020

13/11/2020

This guidance is for all students returning to the Bailiwick in November/December 2020.



Before you arrive in the Bailiwick

Before you arrive in the Bailiwick (whether by scheduled, private owned or chartered vessels or aircraft) you will need to create a Travel Tracker account and register your journey, providing your travel plans and recent travel history. A journey cannot be registered until 2 calendar days before you are due to arrive in the Bailiwick. The Travel Tracker can be found here: <https://covid19.gov.gg/guidance/travel/traveltracker>

If you are unable to register your journey before you arrive in Guernsey, there are kiosks available at the airport and harbour. Support staff will be available to help you.

Passengers travelling to Guernsey are required to declare their travel history as various restrictions have been imposed for travellers depending on where they have travelled from. Countries and regions are classified into 4 groups, Categories 1-4. At the time of writing, most regions of the UK are currently a Category 4 so you will, therefore, be required to self-isolate for 14 days on arrival.

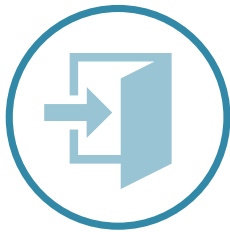
The Travel Tracker will provide you with the opportunity to take a self-swab COVID-19 test on arrival at the airport or harbour. Whilst this is not a compulsory test if you are required to self-isolate for 14 days, we would encourage all of you to take the test if you can.

You will be provided with a form for you to sign prior to arrival confirming your understanding of any legal and self-isolation requirements associated with your travel and your consent for the States of Guernsey and Its Committees (and the Chief Pleas of Sark and their Committees, if relevant) processing your data for the purposes of the Regulations and

the protection of your health and safety and the health and safety of others resulting from the COVID-19 pandemic.

Failure to comply with any legal requirements regarding travelling to the Bailiwick, including where a person is reasonably suspected to have provided false or misleading information or documents in connection with those requirements, may result in you being detained until you comply with the requirements and any other screening requirements that the Medical Officer of Health may impose.

When travelling into and out of the Bailiwick you will need to wear a facemask to prevent the spread of COVID-19 from any infected passengers. Please DO NOT travel if you, or a member of your party, is feeling unwell.



Once you have arrived in the Bailiwick

Please keep your mask on at all times until you reach your final destination in the Bailiwick.

On arrival in Guernsey, if you have elected to do so, you will need to complete a supervised 'self-swab' test undertaken at purpose-built testing facilities at the airport or harbour terminals. Films showing the procedure and the testing centres can be viewed on the travel section of gov.gg/coronavirus.

Video screens in the testing facilities will show you how the swabs should be taken. There will also be written instructions in all testing booths.

Support staff will be available to help anyone who is unclear on what they need to do.

If you are unable to self-sample, we can make a referral to the testing team for sampling. You will be given all of the information you need from staff at the port if this is required.

The test carried out on arrival must be handed in at the testing facility, there and then.



Leaving the port area

If you have chosen to self-isolate AWAY from your household (in a separate room in your home or hotel/self-catering accommodation), you must NOT hug, touch or kiss your family or friends on arrival.

Please keep your mask on until you reach your final destination in the Bailiwick.

Please ensure that you have transport organised to take you to your accommodation. You must NOT travel from the airport or the harbour using public transport.

Guidance on getting home from the airport or harbour by car can be found here: <https://covid19.gov.gg/guidance/travel/general>

Please wash or sanitize your hands frequently, especially after coughing, sneezing, going to the toilet, before eating or if in high traffic environments, such as airports and harbours.

Maintain good respiratory hygiene – Cover your mouth and nose with a disposable tissue when coughing or sneezing and dispose of it safely and appropriately after use, followed by hand washing or use alcohol gel.

If you need any assistance in obtaining essential supplies please ask a relative or friend to help. If there is no one suitable who can provide any assistance we have provided a list of companies that can arrange food and drink deliveries at <https://covid19.gov.gg/together/food-drink>.



What happens whilst I am in self-isolation?

Self-isolation means 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.

Full details on the requirements for self-isolation can be found here:

<https://covid19.gov.gg/support/protect>

If you are unable to self-isolate away from other members of your household, you will all need to self-isolate. The risk to the other household members, especially those who are elderly or have underlying health conditions, should be considered before making this decision. All of those taking part in self-isolation must be aware of the requirements and the potential that if one of them is found to test positive for COVID-19, all of those self-isolating together will be contacts of the positive case and will therefore need to self-isolate for a further two weeks, and possibly longer if they too become infected with the virus. This could therefore have an impact on your plans for Christmas.

Please pay particular attention to the advice on sharing facilities in households, cleaning utensils, wiping down hard surfaces, washing laundry etc.

We know that self-isolation is difficult particularly when you have chosen to isolate away from your family/household. We also know that you have been subject to various restrictions and lock-down measures whilst you have been at University.

If you find you are struggling with isolating then please ask for help.

We have staff at The Guernsey Institute who can provide advice and pastoral support. If needed please email, theguernseyinstitute@gov.gg.

We also have a number of useful resources available here:

<https://covid19.gov.gg/support/mental-health>



What happens if I develop symptoms whilst in self-isolation?

Should you develop any of the following symptoms – however mild they may seem – please phone the clinical helpline on 01481 756938 or 01481 756969 immediately.

Coronavirus Symptoms

Fever, chills, new muscle ache for no apparent reason, new and severe fatigue, headache, sinus pain or pain around the eyes, loss of smell or taste or shortness of breath

Please keep a record of everyone you have been in contact with to help speed up contact tracing, should this be required.

For further information, please refer to gov.gg/coronavirus or email publichealth@gov.gg



Once your self-isolation is complete

The Guernsey Institute is ready to help any returning students with either access to libraries, study space or pastoral support. Once your period of isolation is complete, library services and study spaces are available in four locations, in the Institute for Health and Social Care Studies within the Princess Elizabeth Hospital and on the campuses of the GCFE at Coutanchez, Delancey and Les Ozouets. We have a system of advance booking to ensure there is sufficient study space and support available. For anyone who feels that they would benefit from access to libraries or any pastoral support please contact theguernseyinstitute@gov.gg.

Working together to stay well

Winter wellness is key and we need to work together to tackle the spread of viruses and how we can protect ourselves and those around us.

We have lots of useful hints and tips on our Winter 2020 page.

covid19.gov.gg/together/winter

Students have the opportunity here to show the community how responsible they can be with regard to protecting the community. Let's spread Christmas joy and not germs.



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stronger*

#GuernseyTogether #Winter2020

Clinical Questions

01481 756938 or
01481 756969
publichealth@gov.gg

Monday to Friday
08:00-16:00 (email inbox
monitored between 09:00-
17:00 Monday to Friday)

Non-clinical Questions

01481 717118
covid19enquiries@gov.gg

Monday to Friday 09:00-17:00

