

Media Release

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Self-isolating islanders and their households urged to heed advice

With more people arriving in the island to begin and complete self-isolation in time for Christmas, the States of Guernsey is reminding everyone of some key advice that will help families ensure they're isolating safely.

Hundreds of islanders are returning home in time for the Christmas period and, while students were sent a pack of information directly to support their understanding of requirements, parents and anyone else in the community who needs to self-isolate are being urged to ensure they do everything possible to keep the community safe.

Dr Nicola Brink, Director of Public Health, said:

‘While we have a huge amount of material and advice about how to safely self-isolate on our COVID-19 website, it is really important that we continually remind islanders so that it is at the forefront of everyone’s mind. If the whole household is self-isolating things are a little more straight-forward, but where we are particularly keen for people to pay extra close attention is when one member of the household is self-isolating away from the rest of their family. In those circumstances it is easy to do things that could expose you without thinking, and we really want everyone’s help to minimise that risk.’

Below show some examples of how people can safely self-isolate away from other members of their household. Lots of further information is available at <https://covid19.gov.gg/support/protect> and we encourage everyone self-isolating, or people sharing a house with someone who is isolating, to closely review the available advice.

Definition

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. If you are **unable** to self-isolate away from other members of your household, you will all need to self-isolate.

Separating yourself from other people in your household

It is possible for you to stay in the same household and self-isolate separately. To do this you will need to isolate in a separate part of the house.

This means:

- Always sleeping in a different room to others
- Not sharing bathrooms or kitchen space wherever possible. If you don't have a separate bathroom you will need to set up a rota for those you are sharing it with.
- If you do have to share a bathroom; this should be cleaned after use. For further information see below
- Not spending any time in the same room as another member of your household, **even if you are at least two metres away.**
- Having all meals delivered to your room, ideally on a tray, and you should not collect the food until the other person is at least two metres away from the door.
- The person collecting the tray and used crockery should avoid touching them directly (eg wear disposable gloves or use kitchen roll).
- Washing your hands regularly for 20 seconds each time, using soap and water.
- Regularly cleaning with detergent and water or suitable detergent/disinfectant wipes all touch points and surfaces in your home, for example door handles, light switches, tables and counters, remote controls, kettle and fridge handles, all bathroom areas. Use a bleach-based product where possible.
- Staying in a well-ventilated room with a window to outside that can be opened and keep the door closed.
- Not sharing dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home.

Laundry

If you are self-isolating away from others in your household, where possible you should keep laundry in the room in a plastic bag until out of self-isolation. If laundry needs to be done prior to this, it should be left outside the room, double bagged and the person doing it must wear disposable gloves. Laundry should be washed on the highest temperature compatible.

Kitchen/food

- Anyone removing used crockery and cutlery should avoid touching them (eg use gloves or kitchen roll to handle them).
- If you have to prepare your own meals, you should avoid using the kitchen when others are present. You must clean all surfaces after using the kitchen.

Bathrooms

- If available, use a different bathroom.
- If you have to share a bathroom, you should draw up a rota for washing or bathing with the isolating person using the facilities last before thoroughly cleaning the bathroom themselves.
- Always clean the bathroom, toilet and sink after use.

- Ensure the isolating person uses separate towels and toiletries from other household members.

Ends