

# Welcome to the beautiful Islands of Guernsey

We have waited a long time to see you, and are delighted you are visiting.

While we don't currently have any restrictions in place, we would be really grateful if you could work with us to keep our beautiful Islands as safe as possible while you are here.

When you are out and about....



Please respect people's personal space



Remember to keep washing / sanitising your hands



While it's not required, please do wear a face covering if you would prefer

## What happens if I feel unwell while I am visiting?

If you begin to show any of the symptoms of COVID-19, please call the clinical helpline on 01481 756938 / 01481 75696.

You should also let reception / the contact at your accommodation know.

You must self-isolate in your accommodation until you are told you may leave. You will not be able to move to a different room within your accommodation – or move to another location.

If you are positive, Public Health Services will provide you with specific instructions regarding your testing and self-isolation requirements.

We understand if you, or a member of your party, does test positive, this will be a very challenging time.

We are here to help, please get in touch if there is anything you need.

For more information, go to [covid19.gov.gg](https://www.covid19.gov.gg)

# COVID-19 Symptoms



Headache, sore throat  
& a runny nose\*



A fever



Loss of  
smell or  
taste



Aches and  
Pains (recent  
onset)



A new  
persistent  
cough



Chest pain  
or pressure  
(call 999)



Tiredness  
(recent onset)



Sore throat



Loss of speech  
or movement  
(call 999)



Headache  
(sinus pain,  
pain around  
eyes)



A rash on skin, or  
discolouration of  
fingers or toes



Difficulty  
breathing or  
shortness of  
breath (call 999)



Diarrhoea



Conjunctivitis

\*Some younger people with the Delta Variant are presenting with headache, sore throat and a runny nose.

**Children and over 80s** - loose stool, mild fever, not themselves with a cough presenting later.

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