



## Media Release

**Date: 13<sup>th</sup> October 2022**

### **LFTs offered to businesses free of charge – but only until New Year**

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Businesses can apply to collect lateral flow tests free of charge between now and the end of the year. This decision has been taken due to current healthy stock levels and to support businesses in the lead up to the festive period.

However, from January 2023 any business that wishes to continue encouraging its staff to test in line with its own risk assessments will need to purchase LFT supplies commercially.

Any business that wishes to apply for LFTs during this limited time period can email [lateralflowqueries@gov.gg](mailto:lateralflowqueries@gov.gg).

Separately, members of the public can continue to collect LFTs free of charge from the Guernsey Information Centre or Beau Sejour.

As winter approaches, with the expected increase of indoor mixing, islanders are reminded of advice that can help limit the spread of COVID-19.

#### **Stay at home if you are unwell**

- It is important to prevent the spread of infections. Staying at home will help this. Do an LFT.
- If you test positive for COVID-19 you should try to stay at home and avoid contact with other people for five days if you are an adult. Young people and children aged 18 years and under should try to stay home and avoid contact with other people for three days. Staying at home is no longer compulsory, however as COVID-19 is spread by droplets that are expelled when you breathe, staying at home will help prevent you passing COVID-19 on to others.
- If you test negative repeat after 24 hours.
- It is important to still stay at home if your LFT is negative and you have symptoms as the LFT will only test for the virus that causes COVID-19 and not for the flu virus or other respiratory viruses.

#### **Protect vulnerable people**

- Use an LFT before visiting a vulnerable person

#### **Get a flu and COVID-19 jab, if eligible**

- It is important to get the influenza vaccination each year to continue to be protected, since it wears off after three to four months and flu strains (types) change over time. It is also important to get your COVID-19 booster.

#### **Wash your hands**

- In addition to vaccination, good hygiene is one of the best ways to help prevent flu and other illnesses from spreading. Wash your hands regularly.

#### **Ventilation, cover coughs and sneezes**

- Cover your mouth and nose when coughing or sneezing.
- Ventilate indoor spaces; open the windows and let fresh air in

#### **Bin your tissues**

- Throw used tissues in the bin immediately.

#### **Avoid sharing**

- Don't share cups, plates, cutlery and towels with other people if you can.