States of Guernsey

Media Release

Date: 5th October 2022

Hospital visitors asked to LFT and wear face covering as COVID-19 cases rise

Following an increase in COVID-19 cases in the Princess Elizabeth Hospital, all visitors are required to wear a face covering and are asked to take a lateral flow test before attending.

These changes will remain in place for the time-being but will be reviewed every week.

There are currently 12 patients with COVID-19 in the hospital, which are all being cared for on Brock Ward in an effort to contain the spread as much as possible. The majority are not displaying COVID-19 symptoms.

Face coverings will be provided at all hospital entrances if visitors do not have one. All staff will also wear face coverings.

In addition to taking an LFT before visiting, islanders are also asked to not attend the hospital or care homes if they have any cold or flu-like symptoms irrespective of their LFT result.

LFTs continue to be available to islanders free of charge and can be collected from the Guernsey Information Centre or Beau Sejour.

Islanders who receive care in the community are asked to notify their providers if they are symptomatic so that visits can be planned to protect other community patients and staff.

There has been an increase in reported COVID-19 cases within the community during the last two weeks. While this is not unexpected given the increase of indoor mixing with the cooler autumn weather meaning that people are more likely to spend more time indoors, it serves as an important reminder for the community to continue taking precautions to limit the spread.

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 breath, staying at home will help prevent you passing COVID-19 on to others.
- o If you test negative repeat after 24 hours.
- o 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
- o Use an LFT before visiting a vulnerable person

Get a flu and COVID-19 jab, if eligible
- o 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
- o 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
- o Cover your mouth and nose when coughing or sneezing.
- o Ventilate indoor spaces; open the windows and let fresh air in

Bin your tissues
- o Throw used tissues in the bin immediately.

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