



Coronavirus

Frequently Asked Questions

What is Coronavirus?

Coronavirus is a large family of viruses which cause illnesses ranging from the common cold to more serious diseases. The viruses can migrate from animals to humans.

What is COVID 19?

COVID 19 is the infectious disease caused by the most recently discovered coronavirus which began with an outbreak in Wuhan, China in 2019.

What is SARS-CoV-2?

Whilst the disease caused by the virus is called COVID 19, the name of the new coronavirus is SARS-CoV-2 which has the full name of *Severe Acute Respiratory Syndrome Coronavirus 2*.

What are the symptoms of COVID 19?

The three things to look out for are fever, a cough or shortness of breath – occurring either separately or together.

How can you protect yourself from catching the virus?

1. Wash your hands frequently with soap and water or an alcohol based rub. Soap and water will kill the virus if it is on your hands.
2. Avoid touching eyes, nose and mouth. You could easily transfer the virus from your hands if they are contaminated.
3. Maintain social distance – try to stay at least 2 metres away from other people where possible. When people cough and sneeze they project small droplets which could contain the virus.
4. If you need to sneeze or cough, use a tissue and dispose of it in a bin straight away. Then wash your hands. Catch it. Bin it. Kill it. If you don't have a tissue to hand, it may be better to cough or sneeze into the crook of your elbow rather than your hand.

How serious is COVID 19?

Most people who catch COVID 19 will experience a relatively mild illness and will make a recovery at home without needing to be hospitalised. However, for some people, the disease can result in serious illness. People with pre-existing health conditions such as heart disease, lung disease, cancer or diabetes appear to be more at risk of serious illness. Older people are more vulnerable and there is some suggestion that men may be at more risk than women.

Is there a vaccine to prevent COVID 19?

There is no specific vaccine or antiviral medicine to prevent or treat COVID 19 at the moment. Efforts to develop vaccines and treatments are being coordinated via the World Health Organisation (WHO).

Should I wear a mask?

Wearing a mask without the proper training on how to fit it to the face does not provide you with meaningful protection from a respiratory virus, and may increase the risk of transmission if not removed and disposed of correctly. There is no evidence to support wearing a mask in people who are not sick. Public Health recommends everyday prevention actions to reduce the spread of the virus, such as hand washing, avoiding touching your eyes or nose and covering your cough or sneeze with a tissue. The

most effective things you can do to prevent the disease are set out under **How you can protect yourself from catching the virus.**

How long is the incubation period for COVID 19?

It can be as much as 2 - 14 days from 'catching' the disease to having its symptoms, although most commonly the period for incubation will be around five days. We are still learning about the disease and there are some indications that the incubation could be even longer than 14 days in some cases.

What should I do if I develop the symptoms of COVID 19?

If you are worried that you may have symptoms of COVID 19 please go to <https://gov.gg/selfisolate> to check if you should self-isolate. Do not go to the Island Medical Centre or the Mignot Memorial Hospital.

Is there a test for COVID 19?

If you call the **helpline** on **01481 756938** or **756969** to report symptoms of COVID 19 they may make arrangements to carry out a test. Results of the test will take a minimum of 48 hours (weather dependant) so you may be required to self-isolate while waiting for the result. If it is confirmed that you have COVID 19, you will be formally notified that you have the virus and you will be quarantined until you have recovered from the illness. Quarantine will be at home for most people, other than those who need admission to hospital.

I've recently returned to Alderney from abroad – do I need to self-isolate?

The gov.gg website has up to date information which you should look at. This contains a list of Group A and Group B countries. If you have returned from a Group A country/area within the last 14 days you should self-isolate. If you have returned from a Group B country/area and have symptoms of the disease, no matter how mild, you should self-isolate.

What is self-isolation?

Self-isolation is the act of separating yourself from physical contact with the rest of the community for a period of time. This means you should stay at home and not go to work, school or public areas. You should contact the Helpline on **01481 756938** if you need to self-isolate and you will receive further advice and guidance. You should not use public transport or taxis. Any deliveries to your home should be left outside (eg. in a porch).

If there are others living in your home you should separate yourself from them as much as possible. Regular cleaning of any shared areas is important.

Take advice by ringing the helpline and follow the advice about washing your hands. If you develop symptoms whilst self-isolating, call the helpline.

Self-isolation is for the good of the community and is important in helping to stop the spread of the virus.

How is the Government responding to the spread of COVID 19?

Alderney's Health Service is a transferred service from Guernsey. The Public Health Services in Guernsey are leading on the response to COVID 19. You can see regularly updated advice on the States of Guernsey website <https://www.gov.gg/coronavirus>

Health services in Alderney and the States of Alderney are coordinating activities on the island but the general advice for the public is identical to that on the States of Guernsey website.

The first case of COVID 19 was confirmed in Guernsey on 9th March 2020. Emergency Planning processes are in place to coordinate the response to the spread of the virus and these processes are coordinated through the Civil Contingencies Authority (CCA), a Strategic Coordinating Group (SCG) and a Tactical Coordinating Group (TCG). The States of Alderney has political representation on the CCA and civil service representation on the SCG and TCG.

A Pandemic Flu Exercise was undertaken in November last year to test the local response to an influenza outbreak and the lessons learned from that exercise have been helpful in preparing our response to COVID 19.

Should public events be cancelled?

Event organisers need to consider the advice available on the States of Guernsey website when planning their particular event. Bringing people together for events heightens the risk that the virus might be transmitted so it may be sensible to be cautious about holding public events. If your events involve bringing people to Alderney from other countries you should consult the up-to-date list of Group A and Group B countries on the States of Guernsey website. Currently the advice is to avoid unnecessary travel so events which rely on bringing large numbers of people to the Island may raise the level of risk to the rest of the community.

Can I still travel to and from Alderney?

Travel is not restricted at present but advice on travel beyond the UK should be obtained from <https://travelhealthpro.org.uk/outbreaks> and from the UK Foreign and Commonwealth Office.

Unnecessary travel should be avoided if possible but if you do need to travel please consider the advice on Travel on the States of Guernsey website.

Will St Anne's School have to be closed?

The school remains open and there is no need to keep children away from school. If the virus spreads widely the possibility of closing schools and public buildings will be considered by the Committee for Education, Sports and Culture and disseminated through the Emergency Planning arrangements. Guidance for schools, parents and pupils, including advice on school trips, is being prepared by the Director of Education.

Visiting hours for the Mignot Memorial Hospital and the Connaught/Jubilee Care Home have been restricted to next of kin only. Please ring the hospital - **822822** or Connaught/Jubilee - **822756** before visiting.

Is there a test to screen people arriving in Alderney?

Unfortunately, because COVID 19 may not develop for a considerable period of time, there is currently no easy way to test whether someone might be carrying an infection if they have not developed symptoms.

What if the Coronavirus situation is impacting on my travel plans or my business?

You should check with your insurance company to see if any losses as a consequence of the need to cancel travel plans or any losses sustained by your business are covered by your policies. The latest information can be found here: <https://www.gov.gg/CHttpHandler.ashx?id=123531&p=0> and www.gov.gg/coronavirus

DO NOT SHARE Personal Health Data as it is protected data.