

RETURNING TO ALDERNEY

Everyone arriving in the Bailiwick from anywhere in the world must self-isolate for 14 days on arrival. This includes people who arrive from the UK and Jersey.



In the case of people arriving at Guernsey but travelling on to Alderney, self-isolation should take place when they reach their final destination in Alderney.

If they need to stay overnight in a Guernsey Hotel before travelling on to Alderney, they must go straight to a hotel bedroom and remain there, including having meals delivered to their room before going straight to the airport and travelling on the next day.

The 14 day self-isolation is a legal requirement, and failure to comply is a criminal offence.

TESTING FOR COVID-19

Testing for COVID-19 is currently carried out by a UK specialist laboratory and originally it took 48 hours for results to be returned. Unfortunately, rapidly growing demand on the UK laboratories has increased the time it takes to receive confirmed results. Some results take five days or more to arrive.

The Director of Public Health, Dr Nicola Brink, is expecting on-island testing facilities to be set up in the next few weeks. This is a bold step by the States of Guernsey and will give a clearer indication of what's happening in the Bailiwick in relation to COVID-19.

Testing in the community is critical for the Bailiwick's containment strategy and the lengthening wait for results has raised the level of risk. Health experts are currently unable to be certain about whether and how quickly the virus is spreading.

Anyone still waiting for results should bear in mind that they might have been suffering from flu or another ailment and the delay in results is not an indication of a positive result.

'Because the testing takes so long, we can't be sure there are no cases of COVID-19 on Alderney,' said President William Tate. 'But to date, there are none that have been identified.'

Social Distancing

AVOID

- ✗ Group gatherings
- ✗ Sleep overs
- ✗ Playdates
- ✗ Visiting the elderly with children
- ✗ Crowded retail stores
- ✗ Gyms
- ✗ Visitors to the home
- ✗ Non essential workers in the home
- ✗ Visits to bars

USE CAUTION

- ⊖ Visits to supermarkets
- ⊖ Visits to the pharmacy
- ⊖ Visits to the GP
- ⊖ Travelling
- ⊖ Check on friends and family safely
- ⊖ Public transport
- ⊖ Visits to restaurants

SAFE TO DO

- + Go for a walk
- + Jogging
- + Working in the home
- + DIY in and around the home
- + Reading
- + Going for a drive
- + Video calls
- + Phone calls

This is advice for social distancing, **not self-isolating**.
For the most up-to-date advice go to gov.gg/covid19guidance

**SELF ISOLATION
DOS & DONTs**

- **Do not go to work, school or public areas**
- **Register your self-isolation with the Island Medical Centre 822077**
- **If your illness worsens, seek prompt medical attention**
- **If you need to call 999 for an ambulance tell the operator that you are being tested for SARS-CoV-2**

WHAT IS SELF-ISOLATION?

Self-Isolation is the act of 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.

You or the person you are caring for should remain in your home, except for getting medical care. All medical appointments should be discussed in advance with your designated medical contact, using the number that has been provided to you. This is so the surgery or hospital can take steps to minimise contact with others.

Do not go to work, school or public areas, and do not use public transport or taxis until you have been told that is safe to do so. You will need to ask for help if you require groceries, other shopping or medications.

Anyone who is self-isolating should report that they are self-isolating to the Helpline on 01481 756938 and 756969, even if they do not have symptoms. That will mean the Helpline can let the Island Medical Centre know and we can provide and support and further advice if necessary.

If an illness worsens, seek prompt medical attention, for example if you have difficulty breathing, or if the person you are caring for has a worsening of symptoms. If it's not an emergency, you should call 01481 756938 or 756969.

If it is an emergency and you need to call 999 for an ambulance, inform

the call handler or operator that you are being tested for SARS-CoV-2 (or that you are caring for someone being tested for SARS-CoV-2, as appropriate).

If you are employed, contact your Human Resources (HR) department or the relevant individual to get advice on your employer's policy for sickness benefits.

Individuals who are self-isolating following Public Health advice do not need to see their GP or provide a medical certificate (sick note) to make a claim for sickness benefit. As long as an individual is following Public Health advice, they can make a claim by contacting Incapacity Benefits on 01481 732507 or at benefits@gov.gg. Social Security will be taking claims digitally wherever possible so that claims can be made while self-isolating.

These kind of claims will generally only be valid for 14 days or until the individual receives a negative test result for COVID-19.

If an individual does not have any symptoms that would prevent them from working and is supported to work while self-isolating by their employer, for instance at home on a laptop, they will not be eligible for sickness benefit.

**There is full advice and guidance online at:
gov.gg/article/119613/GOVGG**

Dr Sally's Plea to Parents 21.3.20

“As your GP, I would like parents of teenagers, especially those recently returned here from school, uni and college in both the UK and Guernsey, to please just ask your kids where they are going tonight. If your children gather at a party, spend time close together dancing, drinking and you know what, they are risking not only their health, but your health as well as the health of their grandparents and other really vulnerable, sick people on this island.

For the sake of us all, please think carefully about gathering in groups tonight, tomorrow and in the next few weeks. Can you imagine how you would feel if it was YOU who had spread Covid-19 and risked the lives of so many people?

Please, please maintain social distancing of two metres, self isolation if you have symptoms such as a dry cough, with or without a fever, shortness of breath, sore throat or other flu like symptoms.

”
Dr Sally Simmons

OVER 65? FOLLOW THIS ADVICE

Due to the emerging situation in the UK, Europe and across the world it is useful to consider measures to help protect anyone who may be more vulnerable to COVID-19 (Coronavirus).

This virus can cause pneumonia in some people. Older people or those with underlying health conditions are more vulnerable to the complications of infection with this virus. As it is a new virus there is no resistance in our population.

It's important to take these measures to help prevent you from catching the virus:

**Hand washing
regularly with soap
and water for at
least 20 seconds**

*Sing through Happy
Birthday twice!*

**Avoid touching
your mouth or face**

**Maintain Social
Distancing**

**If you smoke, consider
stopping**

**Follow the Catch it,
Kill it, Bin It plan**

*Carrying tissues, using
them to catch a cough or
sneeze, disposing of them
in a waste bin and then
killing any remaining*

The Director of Public Health advises all people who are over 65 or have underlying health conditions not to travel off-island unless it is absolutely essential.



AN ISLAND PULLING TOGETHER

Alderney is a fantastic community of caring and supportive people who know how to pull together, especially when the going gets tough.

President William Tate and his wife Gabrielle launched Alderney Spirit to give islanders the chance to volunteer to help those most at risk from Coronavirus and anyone in need during the crisis – and were immediately inundated with offers.

A team of 120 islanders and counting is now on hand to offer friendly support by telephone for those isolated or home alone, to support the hospital and care home with cooking or cleaning, deliver home meals or groceries, offer dog walking or even do the shopping and run errands.

‘I am busy preparing a schedule of all our volunteers and their much needed skills,’ said Gabrielle. ‘With civil service support we will set up the systems to respond to our community’s needs.’

‘We are also setting up a dedicated Facebook page, the details of which we will be sharing later this week. William and I are humbled by the response. A massive thank you to all our volunteers.’

President William Tate said: ‘As well as providing an essential back-up to our front line services, we have also been able to assure the most vulnerable in our community that they will be supported in whatever way they need to make their

lives as comfortable as possible. An added bonus is that it gives our community an opportunity to participate in the fight against the spread of the virus and to demonstrate our commitment to each other. We all have a role to play and a responsibility to contribute in any way we can.’

‘Working together, we can all demonstrate the ‘Alderney Spirit’ that connects us with all those brave souls who returned in 1945 to face their own life changing challenge. We will get through this.’

‘It’s a case of Social distancing, pulling together by staying apart.’

Anyone wanting to join this community programme should contact Gabrielle on 07781 440269 or alderneyspirit@outlook.com with your name, contact number, what you can offer and when you can do it.

How to stick together, by staying apart



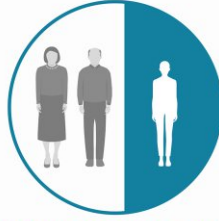
No handshakes, hugs or kisses unless you live together



Don't go to restaurants, bars, parties



Stay two metres apart where possible (shops, in meetings etc.)



Children may have to avoid grandparents for a while



Keep in touch with one another



If unwell, isolate yourself and your family

A WORD FROM OUR PRESIDENT

Alderney's President William Tate has been making daily broadcasts throughout the Coronavirus crisis on Quay FM at 9.15am (listen online at quayfm.gg or tune to 107.1 Mhz). His interviews are put on the station's website the same day as well as being on the repeated in the evening. This has been applauded as a welcome and crucial intervention by our well-respected President. Keep listening!



A LIFELINE TO YOUR DOOR

Offering delivery services:

Alderney Centre 822646

thealderneycentre.com

Boardmans Pharmacy 822126

Blanchards 822722

Jean's Store and Farm Shop 822167

alderneyfarmshop@suremail.gg

Le Cocq Stores 824646

shop@lecocqs.com

M. J. Coshieril Meat & Delicatessen 822291

The Butchers 822234

Cantina No 6 824063

The Georgian House 822471

Mai Thai 824940

Braye Chippy 823475

Jack's Brasserie 823933

The Blonde Hedgehog 823230

St. Annes Guest House
(cream teas and cakes) 823145

Establishments taking orders for collection:

Marais Hall 822683

Nellie Grays 823333

PJ's Pantry 823382

The Divers 822632

Le Pesked 823841

Bumps 823197

Grocery stores prefer email but if you are not online you can just call.

Some restaurants have Facebook pages from which you can message directly.

TEMPORARY PUB MEASURES

Pubs that don't serve food have had to close since Friday March 20, which affects the Campania and Coronation (still open for off-licence) in particular. The Divers has also closed but continues to offer food orders for collection. These temporary measures will be reviewed at the end of the month. Licensed premises also have to observe new hours for selling alcohol: 11:30am to 2.30pm, and 6.30pm to 10.30pm. During these opening hours, customers must be seated at tables and alcohol may only be served with a meal. Restaurants can only serve alcohol during these hours.



WHAT THE STATES OF ALDERNEY IS DOING

In Alderney and across the Bailiwick a huge effort is being made to plan and manage the response to this emergency.

Those watching BBC coverage of what's happening in the UK will have heard that Boris Johnson's administration has regular COBRA meetings to handle the crisis.

In Alderney and across the Bailiwick a huge effort is being made to plan and manage the response to this emergency. A multi-agency operational group meets every day to work through the current position in Alderney and identify ways in which the situation must be handled.

This is chaired by CEO, Andrew

Muter and involves the IMC and MMH, Connaught Care Home, pharmacy, Police, Fire, Ambulance, Border Control, Airport, Harbour and other public service representatives. The President's daily briefings are prepared on the basis of the current situation agreed in this Group.

Andrew also has daily meetings as part of the Strategic Coordination Group for the Bailiwick so that Alderney's needs and concerns feature in the overall approach.

There is a daily Tactical Coordination Group meeting to

coordinate at a tactical level across the Bailiwick and the Island's representative is Sue Price. Within the emergency response structure there are a number of expert 'cells' which are dealing with a wide range of issues such as medical advice, food security, transport and infrastructure.

In parallel with the immediate response, the civil service is preparing advice for the States of Alderney on other measures to respond to the economic and social impact on the Island.

ISLAND HALL, MEDICALS & SOCIAL SECURITY

The States of Alderney Island Hall office will be closed from Monday March 23 until further notice. As staff will be working 8.45am-4.45pm Monday to Friday, you can reach us by phone on 820000 or email: generaloffice@alderney.gov.gg

Payments may still be made online, but if you are unable to pay via BACS, then cheque payments may be left in the postbox outside the main door. Any documents can be left in our outside postbox.

To book medical flights, please either email a copy of your appointment along with your telephone number to generaloffice@alderney.gov.gg, or request that MSG or PEH email on your behalf, or request a travel slip

from Island Medical Centre (which they will email to us).

You can leave your letter in our postbox (with your phone number). We can then book your flights and email or post your flight and appointment letter back to you at home.

If you have any queries for Social Security, please contact them directly on 732500. They are currently dealing with all queries and claims directly.

CLOSED

- Island Hall but with continued telephone and email access
- School except for children of key workers
- Some pubs

OPEN

- Restaurants with restricted licensing hours and delivery options
- Airport with limited flights and self-isolation for arrivals from outside the Bailiwick
- IMC with changed rules
Covid-19 helpline
01481 756938 or
756969

HOW THE GOVERNMENT WILL SUPPORT HARDSHIP CASES

You may have heard that a £5m fund is being set up by the States of Guernsey to help those who face 'significant hardship' as the coronavirus crisis deepens. This applies to Alderney, too.

The hardship fund will be used to help those who would not otherwise be entitled to States' benefits and would be administered alongside social security benefits.

This will help the tourism, hospitality and construction sectors, for example, by enabling laid-off workers to secure short-term financial support so that they do not leave the labour market.

Meanwhile, the States of Guernsey is also working on a number of measures to help the economy of all islands in the Bailiwick.

These include:

- Deferred employer's social insurance contributions
- Deferred commercial TRP collection
- Deferred rent on local businesses' let from the States of Guernsey
- Mooring fees suspended for commercial fishermen
- Swift payments by the States of Guernsey to local businesses

In total, some £30m would become immediately available, if the States agrees to an emergency policy letter. Call 732516 or email hardshipfund.gg

Key recommendations issued so far for social distancing and those who are self-isolating

Dos

- Self-isolate and stay at home for seven days if you develop symptoms: a new continuous cough and/or high temperature. A high temperature means you feel hot to touch on your chest or back; a new, continuous cough means coughing a lot for more than an hour or three or more coughing episodes in 24 hours.
- Stay at home for 14 days if you live in a household where someone has the symptoms of coronavirus. This longer period is because it can take 14 days for symptoms to appear and you will not know initially whether or not you are infected. If you then develop symptoms, stay at home for a further seven days even if that means you stay at home in total for longer than 14 days of isolation.
- Wash your hands frequently with soap and water for at least 20 seconds and particularly before you touch food or if you have been out in public areas, have been coughing, sneezing or blowing your nose.
- Always cough and sneeze into a tissue, then throw it away and wash your hands. Use your arm if you don't have a tissue to hand.
- If you develop symptoms and live with someone who is vulnerable – over 70, who has a long-term health condition, is pregnant or has a weakened immune system – arrange for them to stay with friends and family for 14 days. If that is not possible, keep two or three metres away from them, do not share a bathroom and do not use shared spaces (eg kitchens) at the same time.
- Clean commonly used surfaces at home such as door handles, kettles and phones.
- Drink plenty of liquids to stay well hydrated.
- Take light exercise to keep fit.
- Work from home where possible. Keep in touch with friends and family using remote technology: ie phone, internet and social media.
- Take paracetamol to ease any symptoms. There is no strong evidence that ibuprofen can worsen symptoms, so if you are already taking ibuprofen or another anti-inflammatory, then do not stop taking it without consulting a doctor.
- Respect the need for social distancing: if you go out, stay at least two metres away from others to prevent transmission of the virus. Stay away from gatherings in public spaces.
- Ask family, friends and neighbours to support you if you are reducing social contact and need help obtaining food and medicine. Use online services.

Don'ts

- Do not have contact with anyone who has symptoms.
- Avoid touching your eyes, nose or mouth with your hand.
- Do not visit the surgery, pharmacy or hospital if you still have coronavirus symptoms after seven days. Instead get advice from the IMC 01481 822077. If it is an emergency call 999 and say you may have coronavirus.
- Do not share towels or a bed with those deemed vulnerable if you have the symptoms and live in the same home.
- Do not go on holiday overseas. The Director of Public Health advises against all non-essential travel abroad.

COVID-19 Coronavirus

WHERE TO FIND INFORMATION

Your first port of call to get information about Coronavirus and how it might affect you is: gov.gg/coronavirus

If you have **any clinical questions** regarding the coronavirus please call 01481 756938 or 01481 756969 between 8am and 10pm daily.

If the information provided does not answer your non-clinical questions please email: publichealth@gov.gg