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COVID-19 TESTING UNDER WAY

With the Island Medical Centre now operating drive-by Covid-19 swab testing (strictly as requested by the IMC for those with symptoms), Alderney is leading the way in the fight against Coronavirus.



As this Newsletter went to press on Tuesday, there were no confirmed cases on the Island but Dr Sally was emphasising that we must still act as if the virus was already here.

This innovative approach came as the Bailiwick received its testing equipment with trials and staff training completed, and the sad news of the first death in Guernsey.

Anyone called to attend the IMC for a swab test should remain in their car while one of the doctors or Nurse Katie conducts the test after which they must drive straight home to self-isolate until they are informed by either the IMC or Public Health of the result, or further instructions.

Dr Julie Hunt, a locum who has chosen to stay on Alderney until May to help see us through the crisis, revealed that testing for those showing symptoms was now being stepped up, with eligibility determined in a telephone conversation.

"All swabs so far have come back negative," she said on Quay FM on Monday morning. But she revealed that, as is the case with all scientific testing in medicine, there can be a 30% false negative reading so we cannot afford to be complacent.

That means social distancing of 6ft or 2m must be observed at all times.

"We have seen an improvement in this respect in recent days but you still see occasional huddles of people who are not doing this," she said.

**STAY
HOME**  **SAVE
LIVES**

**Work remotely if possible &
don't go out unless necessary**

SOCIAL DISTANCING & SELF-ISOLATING

Follow these DOs and DON'Ts recommendations

Do

- **STAY AT HOME.** Only go out for essential supplies if you can't get home delivery, or for medical appointments or work (if listed as essential), while maintaining social 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 – 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.
- 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.
- 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.
- Drink plenty of liquids to stay well hydrated.
- Ask family, friends and neighbours to support you if you need help obtaining food and medicine. Call 820003 for help.

Don't

- 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.

The Vital Importance of Social Distancing

How a reduction in social contact can reduce the spread of the coronavirus





Are You Listening, Alderney?



Quay FM is providing the up-to-the-minute voice of the Island with daily broadcasts by Alderney's President, William Tate.

"This is giving me the opportunity of bringing the community up-to-date on a daily basis, along with the provision for emergency broadcasts. It has been invaluable," he says.

"This service is provided by a volunteer charity operating on the proverbial 'shoestring'. Further bandwidth has had to be purchased to accommodate those wishing to listen online."

He asks Islanders and other listeners to make a difference in supporting the radio station by becoming a Quay Friend.

"I was initially sceptical about the concept of local radio here, but I am delighted to eat my words," he adds. "Bless you Dougal, Mags and all the team."

He introduced a new routine for Islanders in Monday's broadcast. "Before going to bed, look at yourself in the mirror and ask yourself the question, did I do everything I could today to keep us safe?"

The President speaks live every weekday at 9.15am. Tune in to Quay FM on **107.1 MHz** or listen on You Tube or online at quayfm.gg.

THAT'S THE SPIRIT

Alderney volunteers rise to the challenge

Two appeals for volunteer support have demonstrated, yet again, that whatever the challenge, the community will come together and do whatever it takes.

Appeal Number One was the launch of Alderney Spirit in which President William Tate and his wife Gabrielle asked for volunteers to help in a number of areas, from delivery drivers and helpers to chefs and cleaners.

"We've had an unbelievably massive response, in excess of 150, covering all sorts of areas," says Gabrielle. "With assistance provided by the civil service, we are now categorising and coordinating the available skills and offers. It is vital that we keep the Island's essential services running, and the volunteers safe whilst doing the work."

"Back up teams and split rotas are being scheduled with the help of volunteers. We have a variety of volunteers

including chefs, those wanting to do outdoor manual work, meals on wheels, home help, drivers with various category licences, hospital workers and care home help.

"The Island has mobilised in the best way possible – in a way that is familiar to lots of us – giving our time and skills purely because we are a community that cares and comes together in times of crisis.

"Alderney Spirit is in addition to all the help and support which is already being given by friends and relatives within the community. The goal is to ensure that nobody slips through the net and is left isolated and unsupported. It also enables us to support our critical infrastructure to keep our Island running.

"Alderney people are a force that has no equal and William and I truly thank each

and everyone of you for your support and kindness."

If you need help, contact Alderney Spirit on 820003

(9:00am to 5:00pm) or email alderneyspirit@outlook.com



Appeal Number Two was for furnishing and household items for States accommodation that may be needed for critical staff in the event of the virus spreading on the island. "A wonderful range" has been offered along with three offers of flats and five properties of varying size that could be used.

"A really big thank you to everyone who responded," said William. "This has really helped with some of the key preparations we are making."



NEW GUIDANCE but Alderney seeks concessions

New guidance for businesses and workers issued on Sunday overturned some practices on Alderney – such as home delivery of prepared food – but the underlying message remains: STAY AT HOME other than for exercising, buying necessary food and supplies, medical appointments or work if it has been listed as essential.

Restaurants, cafés and takeaways are among businesses that have been told to close along with gardeners, window cleaners and domestic cleaners who should cease trading with immediate effect.

Hotels, restaurants and pubs had already been told to close but some restaurants had been allowed to offer a

home delivery service to Alderney residents, providing they were able to maintain social distancing. But now they cannot continue with home delivery.

“This is not a change that the Operational Group who are coordinating the response on Island supported,” said the President, William Tate, in his Monday broadcast. “They felt that

takeaways being delivered in Alderney are safe and serve a social purpose.

“In particular, there are some isolated and vulnerable people who benefit from this service. However, despite our advice the guidance does not permit this and the current position is that takeaways must close. If the position changes we will be the first to let you know.”

BUSINESSES

with financial concerns should contact **743803** or email **business.support@gov.gg**

INDIVIDUALS

with financial concerns should contact **732516** or email **hardshipfund@gov.gg**

Retail & Wholesale Businesses That Are Considered ESSENTIAL Retail Outlets

- Retail and wholesale sale of food, beverages (including intoxicating liquor) and newspapers.
- Retail sale of household consumer products necessary to maintain the safety and sanitation of residences and businesses.
- Pharmacy
- Fuel stations and heating fuel providers.
- Retail sale of essential items for the health and welfare of animals, including animal feed and medicines, and pet food.
- Banks, loan agencies, post offices, insurance brokers.

Businesses Removed From The List Of Those Permitted To Open

- Boat, vehicle and bike repairs (apart from emergency vehicle repairs for essential workers)
- Retail hardware stores
- Retail sellers of office products
- Retail sellers of IT equipment
- Restaurants, cafes and takeaways

ESSENTIAL Workers

- Those who ensure the continuing supply and accessibility of food and other essential goods including supermarkets and grocery stores, freight transport, stevedores and other necessary port management activities, and freight operators.
- Veterinary and animal health and husbandry services.
- Health and community care services including Meals on Wheels volunteers, Samaritans and deceased management.
- Law and order advocates
- Private school services and daytime childcare / Private primary and secondary schools
- Utilities, telecoms and public transport
- Public service broadcasters and other mainstream news media
- Banking services
- Services that ensure the cleanliness and hygiene of working environments that can be undertaken while adhering to social distancing guidelines
- Public service workers essential to the functioning of Courts and Judicial Services, Health and Social Care, Education, Emergency Services, States Works, Waste, Treasury, Social Security, Animal Welfare and Alderney's Covid-19 Operational Group.



VITAL SUPPLIES

We've got it covered, says Bruno

The supply chain for the Channel Islands remains strong according to Alderney Shipping's Bruno Kay-Mouat.

There has been some disruption to food supplies in the UK because of substantial changes to shopping habits following the lockdown there. But supply chains are expected to settle down in the coming weeks.

Alderney Shipping is confident that the regular sailings can be maintained. The MV Trinity, replacement vessel for the Valiant, is newer, bigger and faster and should offer a more resilient service for the island.

"We are very grateful for the support our customers have shown

us over the years and we remain fully committed to Alderney, Guernsey and Jersey during these unsettling times," says Bruno.

"In typical Channel Island fashion, we pull together and find new ways of working together to overcome common challenges. We've adapted our practices to ensure that our work areas are clean, have issued drivers and quay staff with supplies to keep them and you safe, and we're still receiving and delivering goods.

"We've changed the way we work to follow government guidelines and

offer physical distancing for staff and customers all while still delivering a friendly, local service.

"The sailing schedule might have to be varied from time to time but we have access to additional crew and vessels should the need arise."

People are adapting to new shopping habits in Guernsey and Alderney and our retailers and their suppliers are working hard to keep everyone stocked up. The main stores on the island carry considerable stocks of non-perishable foodstuffs and household items to make sure we are all well supplied.

IMC APPOINTMENTS

The Island Medical Centre is operating an **APPOINTMENT ONLY** system. Call The IMC on 822077 and you will be asked a series of questions by the receptionist as to why you need to see the Doctor. Most of consultations will be over the phone but if the doctor on duty decides that he needs to see you face to face you will be allocated a time slot to come to the surgery.

PLEASE DO NOT GO TO THE IMC WITHOUT AN APPOINTMENT

ALDERNEY'S EMERGENCY RESPONSE GROUP

The Bailiwick's response to the COVID19 emergency follows established UK protocols. The Civil Contingencies Authority (CCA) has been mobilised and has made changes to the Law including the recent restrictions on businesses. It is advised by a Strategic Coordinating Group (SCG) and a Tactical Coordinating Group (TCG). All of these bodies have Alderney representation at political or civil service level.

But what about the on-island response? Well, that is coordinated through the multi-agency Alderney Operational Group led by CEO Andrew Muter. The Group meets every day to assess the situation in

Alderney and to plan for the impact if and when the virus is identified here. Around the table are the Island Medical Centre, the Mignot Memorial Hospital, Ambulance, Police, Border Agency, Airport, Harbour and Pharmacy

"We cover a lot of ground in a short time," says Andrew (pictured). "We need to understand what's happening in terms of tests and results, self-isolation and quarantine and how social-distancing is working on the Island."

The Group also has to focus on

preparing the Island for the worst. Some of the key issues they are addressing is the shortage of personal protective equipment (P P E) and the preparations for medevac of infectious patients. They also p r e p a r e communications for the President of the States.

“Every moment we have available to plan and prepare is critical,” says Andrew. “The Bailiwick strategy has been to contain the virus and so far that has worked in our favour. We have to build our resilience and our stamina for a response which could last for many weeks.”



Please be advised that:

- The **Impot** will be closed to all public traffic and users until further notice.
- The **Green Waste** facility at Mannez will remain open for the use of domestic householders only.
- The **Recycling** facility at Braye will remain open. However, we would encourage residents to use local recycling points where additional bins will be provided. Please only use these bins for recycling purposes and do not place items of general waste or poo bags in them.
- **General Refuse** collection will continue as normal.
- ***When using these facilities, we ask that all guidance for the control of COVID-19 is followed to ensure the safety and wellbeing of our key-worker staff and members of the general public.***

Please contact States Works if you have any issues: swd@alderney.gov

STAY AT HOME & GET IT DELIVERED

During lockdown, the following retailers and suppliers will offer home deliveries. Please check Facebook pages or Alderney Chamber of Commerce @alderneychamber for additional announcements.

MEDICAL SUPPLIES

To order all prescriptions: call Island Medical Centre 822077 Mon-Sat late morning.

Boardman's Pharmacy for prescriptions & queries: 822126 Mon-Sat 9:00am-10:00am for delivery

Alderney Animal Welfare

Alderney Animal Welfare Clinic 822616. No drop ins. Please call for procedure.

FOOD SUPPLIES

Jean's Stores and Farm Shop

07781 456333
alderneyfarmshop@suremail.gg

Le Cocqs Stores 824646

shop@leccocqs.com

MJ Coshieril Meat and Delicatessen

822291 Mon-Sat 8:00am-1:00pm

McAllister's Wet Fish Ltd 823666

weekdays after 3:00pm or at 7:00am to order or message on Facebook (McallistersWetFishMongers)

The Butchers 822234

Stephen@thebutchersalderney.com (weekdays)

BEVERAGES/ALCOHOL

Free delivery to your home

Barnstormers 822537 Mon-Sat

Coronation 822630 Mon-Sun 10:00am-8:00pm

OTHER RETAILERS

(Subject to change/clarification)

Alderney Centre, Pet Shop & Garden

Centre 822646 Mon-Sat mornings, order online www.alderneycentre.com

Boardman's Pharmacy 824602 order

Mon-Sat 9:00am-10:00am

Blanchards 822722 for delivery of solid

fuel, gas & motor fuel. Petrol station: Mon-Sat 10:00am-2:00pm

Chrissie's DIY 822510

Mon-Sat 9:00am-12:30pm

MEALS & SNACKS HOME DELIVERY

In view of the latest restrictions published 29/03/2020 and until further notice, we regret our restaurants will no longer be allowed to produce and deliver meals to your home.

Spotlight On Alderney Businesses

MCALLISTER'S SCALING UP TO MEET DEMAND

In 35 years supplying wet fish and seafood to Alderney, McAllister's have never seen anything like the current crisis but they're rising to the occasion.

Dave McAllister and daughter Victoria are going full speed ahead to help our local fishermen by supplying the daily catch direct to your door. Our intrepid seafarers can't land their catch in France or Guernsey and there's no market in the UK, which means those that set course for our fabulous waters are relying on the good people of Alderney.

So Dave and Victoria are delivering fresh lobster, crab, bass, bream and more direct to your door to delight the tastebuds with Alderney's wonderful seafood.

"Traditionally, we have supplied hotels and restaurants as well as the residents but now much of that trade has sunk," says Dave. "But Alderney residents are still buying and we have wonderful fresh fish and seafood that we can clean and



prepare ready for the table.

"Since the lockdown, we have seen a dramatic uptake and want say a big 'thank you' to the island because we have huge freezer and chiller bills that don't go down and we depend on continued sales. So many customers have sent messages about how good the service is."

McAllister's also supplies plenty of soap powders, toilet rolls and all household products as they are hotel wholesalers as well as retailers.

Help them to keep their heads above water! Give them a call on 823666 or message on Facebook (McallistersWetFishMongers) and they'll have you hooked in no time.

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