

Media Release

Date: 12 March 2020

New Advice for all Islanders with flu-like symptoms

In addition to the advice regarding travel and as an extra layer of caution to protect the local community, Dr Brink is advising anyone who has flu-like symptoms (cough, sore throat, running or blocked nose, muscle pains, fatigue) or a fever needs to self-isolate **for the duration of these symptoms AND for 48 hours after the resolution of these symptoms**. By asking them to self-isolate it will help reduce the risk of the coronavirus spreading. For clarity, it is not necessary for these people to be tested for COVID-19 in the way that travellers returning from Group A (or Group B countries and exhibiting symptoms) are tested. In these circumstances, if the individual is able to, home working should be considered.

While in many of these cases Islanders will have only a normal cold or flu, it is good infection prevention control whilst the Island is working to ensure it can contain the spread of COVID-19. Evidence proves that this advice could reduce the potential spread of respiratory illness by 60%.

In response to the announcement of a COVID-19 Pandemic Dr Brink said:

‘With regard to the Bailiwick, we have been preparing for this since early January and we are extremely well prepared and used to managing infections. We have robust measures in place to respond immediately.’

The WHO is concerned by the alarming spread of COVID-19 and expects to see the numbers of cases, affected countries and deaths climb even higher. The WHO have been clear to state that this declaration doesn’t change their assessment of the threat of COVID-19 and doesn’t change their plans to manage, mitigate and contain this threat. This mirrors the reaction of Guernsey’s Director of Public Health to this announcement.

Ends