

UNDERTAKING QUARANTINE AT HOME

Frequently asked questions

Please call the KEMH on 28000 if you have any questions or if you feel unwell and want further advice. If you are unwell and need to phone for advice please tell the hospital that you are currently in quarantine as you have recently arrived from overseas.

Please note, the quarantine requirements are set out in the Infectious Diseases Control (Coronavirus, International Travel, Operator Liability and Quarantine) Regulations 2021. Failure to comply with the Regulations is a criminal offence for which you can be fined up to £2000 or imprisoned for up to 3 months.

Where should I undertake quarantine?

You must stay at your quarantine accommodation i.e. the address you gave on Form IDC 5 unless you require medical assistance or there is an emergency. You must not share your quarantine accommodation with other people unless they are in quarantine with you. If you arrive in the Falkland Islands after 9am, day 1 of quarantine will be the day after you arrive.

You will need to ask for help if you require groceries, electricity meter cards, fuel, other shopping or medications while you are in quarantine. Don't forget, you can order by phone (see information sheet of useful numbers). The delivery instruction needs to state that you are in quarantine and that the items are to be left outside, or in the porch, or as appropriate for your home.

Will I be tested for Coronavirus during quarantine?

Currently the Falkland Islands Government has a mandatory 10 days of quarantine, however, there is a "test to release" option under which you may be able to complete quarantine early, on day 5 or day 8 of your quarantine period, depending on your vaccination status.

Test to release is a voluntary scheme, and you may choose to simply complete the 10 days of quarantine without any testing.

In order to opt for the 5-day "test to release" you must provide proof you have completed the full course of a vaccination approved by the Medicines and Healthcare products Regulatory Agency of the United Kingdom Government at least two weeks before your arrival in the Falkland Islands. These are currently the Oxford-AstraZeneca (two doses), Pfizer (two doses), Moderna (two doses), Janssen (single dose) or treatment with Ronapreve vaccines.

If you were fully vaccinated with an MHRA approved vaccine more than two weeks before arrival, you can opt for "5-day test to release" and leave quarantine on day 5 of quarantine (if you test negative twice). On the first swab visit the clinician will review your vaccine evidence so please have this ready. The clinician must be satisfied with all vaccination documentation provided, whether that be the NHS app, a vaccination card, a vaccination

letter or a doctor's note, otherwise you will only be eligible for the "8-day test to release" option.

If you are partially vaccinated or not vaccinated, you can opt for "8 day test to release" and leave quarantine on day 8 (if you test negative twice). If you are quarantining with children who you travelled with (who are not vaccinated), you may only opt for "8 day test to release". If you are quarantining with other arrivals into the Islands that are only partially vaccinated, or not vaccinated at all, even if you are fully vaccinated yourself, you may only opt for "8 day test to release".

You will be offered a test within 48 hours of arrival, and again on either day 5 or day 8 (depending on your vaccination status and that of anyone who travelled with you and is quarantining with you). If both tests are negative you will be informed that you may leave quarantine; you must wait for the KEMH to contact you on day 5 or 8 (as appropriate) before leaving quarantine.

If you or anyone you are sharing quarantine accommodation with test positive on either occasion you must remain in quarantine for the full 10 days. In this case you will be offered an additional swab on day 9 (prior to the end of the quarantine period on day 10) **and you may be asked to continue to self-isolate after the end of the quarantine period, especially if you develop symptoms of coronavirus.**

If you do not want to be tested while in quarantine you must remain in quarantine for the full 10 days as must everyone who is in quarantine with you.

Anyone quarantining in Camp, will be provided with enough Lateral Flow Tests for self-testing on days 2 and 5 or days 2 and 8. Additional tests will be included to cover anyone that will be isolating with you and to cover the possibility of 10 day quarantine. Those opting in for the "5 day test to release" in Camp, must provide the hospital with scanned/photographic proof of vaccination, whether that be the NHS app, a vaccination card, a vaccination letter or a doctor's note, otherwise the individual will only be eligible for the "8 day test to release" option. Please email this proof to surveillance@kemh.gov.fk

If a person is quarantining in Stanley, staff from the hospital will visit them at their quarantine accommodation to carry out testing with a Lateral Flow Test within two days of their arrival and then again on day 5 or 8.

When will I find out my final test results if I take part in the test to release option?

KEMH will let you know as soon as practicably possible when you can leave quarantine, however, it is advised that you do not make any arrangements on day 5 or 8 (depending on which "test to release" option you have chosen) in case you have to cancel them.

Will my child have to be tested if we want to take part in the test to release option?

If you are quarantining with your child who has travelled with you, you can only opt for the "8-day test to release" programme as children have not been vaccinated against Covid-19. If you have children quarantining with you who did not travel to the Islands with you, those

aged 6 or over must be included in the testing programme, where reasonable, if adults in quarantine with them want to take advantage of the “5 or 8 day test to release” option. Children under 6 do not need to be tested and will be released from quarantine if the person looking after them tests negative on both day 2 and day 8.

What happens if my accommodation includes communal areas such as stairs, access to bins etc?

You should try and minimise your use of communal areas as far as possible and use them when other people are unlikely to be around e.g. late at night or during normal working hours. You should wash your hands before leaving your accommodation to use a communal area and wear a face covering.

Can I go out for exercise?

During your quarantine period you must stay at your accommodation. You can use any garden or out-buildings that are part of the accommodation. You cannot leave the property to go for a walk, run or drive, even to a remote place.

What arrangements are there for quarantining?

Before arriving in the Falkland Islands, you must have arranged appropriate quarantine accommodation. If you plan to share the accommodation with others, then the entire household must quarantine together for 10 days, or a minimum of eight days if you all agree to be tested, or 5 days if you all agree to be tested and are all fully vaccinated. You can discuss the options for quarantine accommodation with your booking agent or with Falkland Islands Government Office, Falkland House, 14 Broadway, London SW1H 0BH (email: travel@falklands.gov.fk) before you travel to the Islands.

Can I have visitors?

No. During quarantine you must stay separate from other people, unless they are in quarantine with you; you must not invite or allow others to visit you. If you think there is a need for someone to visit, discuss it first with the hospital on 28000. If you need to speak to someone who is not a member of your household, do this over the phone.

What happens if I develop symptoms or need medical advice?

If you develop any symptoms of a viral illness, or become unwell in any other way during quarantine then please contact the hospital on 28000. In an emergency please phone 999. Please tell whoever you talk to that you are in quarantine having recently arrived from overseas. This does not mean that you will not be able to access help, merely that we can take precautions to reduce any risk of you transmitting the virus to anyone else. Even if your symptoms are so mild that you would not normally seek medical advice then please still get in contact with us as we would be keen to arrange a test if appropriate.

What happens if there is an emergency such as a fire?

The point of quarantine is to minimise the risk of you transmitting any possible viral infection to other people. If there is an imminent threat to your safety, such as a household fire, then of course you can leave your property. However, you must try to keep at least 2m from anyone else who has been evacuated and from emergency service personnel and wear

a face covering if you have one easily available. If you need to be re-housed then please make sure people are aware that you are in quarantine.

What should I do with my waste?

All waste that has been in contact with you whilst you are in quarantine, including used tissues and masks, should be put in a plastic rubbish bag and tied when full. The plastic bag should then be placed in a second bin bag and tied. Once in a second bag, it can be then left out for someone in your household to put out. If you are living in accommodation with shared access such as a flat you should consider waiting until the two weeks of quarantine are over if your bins are not in your garden.

Remember basic hygiene measures at all times.

Wash your hands regularly and thoroughly for 20 seconds with hot soap and water. Cover your mouth and nose with a disposable tissue when you cough or sneeze. Dispose of tissues into a plastic waste bag (see above for managing rubbish), and immediately wash your hands with soap and water for at least 20 seconds, rinse and dry thoroughly.

Thank you for acting responsibly during this time