



Falkland Islands Government and KEMH Guidance on self-isolation

Who is self-isolating - and the rules to follow

***This advice was released on 7th April 2020 but please note is subject to change.**

Self-isolation is a responsible action taken to protect yourself or others.

There are currently several types of self-isolation; quarantine, high risk individuals, moderate risk individuals, symptomatic individuals and shielding. You should follow the guidance according to your circumstances and the medical advice provided to you from KEMH.

Please contact KEMH 28000 if you feel unwell or want further advice.

All the latest updates and guidance can be found at www.fig.gov.fk/COVID-19

Quarantine

If you have recently arrived in the islands you must self-isolate for 14 days just in case you have Covid-19 and don't realise it. Some people who have Covid-19 don't feel ill but we don't want to take the risk that you could infect others around you.

So you are self-isolating **for the protection of others.**

In practical terms this means that you should not be leaving your house for any reason. You should be asking other people to do your shopping etc and leaving this on the porch for you.

If you live with other people then you need to be able to live separately from the others in the same house. This means

- Being able to have a separate bedroom and bathroom
- Always being able to be 2 metres apart from other people if you are in the same room
- Cleaning all surfaces after you have touched them

If you can't do this then you either need to quarantine yourself somewhere else or the entire household must quarantine together. If you want more help with this please contact KEMH on 28000

High risk individuals

Due to a multitude of factors, such as age and underlying health conditions, you have been identified as being at high risk of developing complications if you were to contract Covid-19 and so have been asked to self-isolate for 12 weeks.

So you are asked to self-isolate **for your own protection.**

This means

- Stay at home – ask for help in getting groceries etc and get these left on the porch. Do not go to school, work or public areas.
- Separate yourself from other people in your home, particularly if they are not self isolating. Ideally be in a separate room with the windows open.
- If you have two bathrooms then use a different one. If not then you should use it last ideally and clean it afterwards if possible.
- Wash your hands regularly and thoroughly.
- Avoid sharing household items such as cups, glasses, towels, bedding etc.
- Do not have visitors in your home.
- You can go out for a walk in the fresh air if you stay 2m away from other people. Try not to share a car. If you do share a car then open the windows.

Moderate risk individuals (not yet in force)

Due to a multitude of factors, such as age and underlying health conditions, you have been identified as being at moderate risk of developing complications if you were to contract Covid-19 and so have been asked to ensure you maintain strict social distancing.

So you are asked to maintain strict social distancing **for your own protection.**

This means:

- Practice good hygiene at home with regular hand washing
- Try and maintain social distancing within your household as well as outside of it.
- Disinfect high touch surfaces such as light switches, toilet flushes etc
- Try to visit shops sparingly at quieter times; if you live with someone who is not at risk then send them instead.
- At work or school try and stay in well ventilated areas with the windows open, at least 2m away from other people.
- Avoid non- essential gatherings with other people.
- You can go out for a walk in the fresh air if you stay 2m away from other people. If you do share a car then open the windows.

Symptomatic Individuals

Due to your symptoms we believe that you may have contracted Covid-19 and so you are asked to self-isolate for a minimum of 14 days, which must include at least 7 days symptom free. (You also need to contact KEMH to report your symptoms and get further advice re the need for a swab etc).

So you are asked to self-isolate **for the protection of others.**

This means that you should not be leaving your house for **any** reason, apart from brief exercise or a drive in your car, alone. You should be asking other people to do your shopping etc and leaving this on the porch for you.

If you live with other people then you need to maintain social distancing from them WITHIN the household. This means not sharing a bed and ideally not sharing a bathroom. If you do have to share a bathroom then you need to clean it regularly after each use. You should also be regularly wiping down common high touch surfaces such as light switches etc.

If it is impossible for you to socially distance within your household then you either need to quarantine yourself somewhere else or the entire household must self-isolate.

Shielding (not yet in force)

As at 7th April 2020 we are not asking anyone to shield themselves. However should the time come when we get an outbreak in Stanley then we may ask that high risk individuals (or a subgroup within this) undertake shielding. (Similarly the advice for moderate risk individuals may be stepped up to advising self-isolation).

This would be **for your own protection and for the protection of others.**

If you are asked to undertake shielding then this would mean being advised not to leave your home for **any** reason apart from to undertake medical appointments, which cannot be arranged by phone. This would include not going out for exercise or a drive in your car.