

## Media Release

**Date: 16<sup>th</sup> February 2022**

### Staying at home when unwell must become part of Bailiwick culture

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Staying at home when you are unwell needs to become ingrained in the Bailiwick's culture if we are to minimise outbreaks of COVID-19 once all legal restrictions are removed tomorrow (Thursday 17<sup>th</sup> February 2022).

And business owners and managers are being asked to support and encourage staff to continue doing the right thing by staying at home if they are unwell, or if they have tested positive for COVID-19, as we move forward to live responsibly with the virus.

Further to last week's announcement from the Civil Contingencies Authority that, from tomorrow, legally mandated self-isolation for cases and all border restrictions will end, it is important that the whole community recognises that COVID has not gone away and the need for vigilance has not disappeared.

This is particularly the case when it comes to positive cases, who are still expected to isolate even without the legal requirement. Strong guidance from Public Health remains that positive cases should isolate until they receive negative LFTs on consecutive days following day 5 or complete 10 days of isolation, whichever is sooner.

Everyone, whether it is as friends, family or colleagues, has a role to play in encouraging people who are unwell to stay at home rather than knowingly potentially spreading illnesses to others.

**Other community measures** for COVID-19 control are also of paramount importance. These include:

- Continuation of the COVID-19 vaccination and boosting programme
- Continued availability of testing and encouraging people to notifying their positive LFT results through the current online platform or by calling the COVID helpline on 220001/2. Confirmatory PCR tests will continue to be available.
- Promotion of good ventilation
- Respect people's personal space
- Respiratory etiquette (catch it, bin it, kill it) and hand hygiene (wash your hand)
- Consider wearing a mask in an enclosed indoor space where social distancing is not possible

Dr Nicola Brink, Director of Public Health, said:

‘As we move forward into a new phase without legal restrictions in place, if we’re to maintain that positive position it is absolutely essential that islanders’ commitment to do the right thing is maintained – particularly around staying at home if unwell. We need this mantra to become part-and-parcel of our everyday culture, not just now but into the future.

‘Making sensible and responsible decisions to stay at home and not spread your germs when you’re unwell needs to become the new norm. It needs to be socially unacceptable to put others at risk by going to work, events or anywhere where you’ll be in close proximity with other people, if you’re unwell.

‘Other measures are also important. These include testing before visiting a vulnerable person or attending a crowded indoor gathering and good hand and respiratory etiquette. And, of course, of paramount importance is the continued availability of, and the fantastic engagement of islanders with, the COVID-19 vaccination and boosting programme.

‘COVID has not gone away - we still have more than 900 known active cases - so we need not just islanders but also employers to support this, as staying at home when unwell is simply the best mechanism to avoid outbreaks, and nobody wants to go backwards.’

**Ends**