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## **Important Notice for Residents, Clients, Visitors and Staff regarding phase 5**

Dear All,

As you are all aware we are moving into phase five and for the majority of the population of the Bailiwick this means no longer having to remain at a social distance from one another and we are now being asked to respect each other's personal space. We do need to continue to be vigilant in thorough hand sanitising and to ensure we stay at home if we feel unwell.

All returners from outside the Bailiwick are required to self-isolate for 14 days. We need to be mindful that we have a great number of second home owners in Alderney, or individuals who have a family home here, there have been a dramatic increase of individuals coming to the Island from outside the Bailiwick and there has been cases of sea travel where individuals have not been wearing masks. We estimate that there are well over 100 people already in Alderney that are self-isolating and whilst we are aware it is good for our economy it also bears a risk.

### **Director of Public Health Dr Nicola Brink said:**

"Even after we enter phase 5, we cannot drop our guard entirely. Our extended testing programme will continue to test hundreds of samples each day and our contact tracers will be ready to respond 24/7 if and when we see a new positive case. We must be alert that this is a real possibility. We shouldn't panic when it happens, and we will react quickly to identify and isolate any associated cases. That 'test, track and isolate' will remain at the heart of our strategy going forward."

### **What this means for residents in the Connaught?**

- Please report any symptoms of **(a fever, muscle ache, fatigue, headache, loss of smell or taste, new and persistent cough, sore throat or shortness of breath)** immediately to staff.
- Respect each other's personal space.
- Remain vigilant in washing your hands thoroughly and regularly.
- Let staff know if you have family coming in from the UK and self-isolating and we will be happy to give them a ring to ensure their well-being during the 14 days.
- Stay safe and aware when you go out- make a note of who you spend time with in the community above 15 minutes including what date and time for contact tracing purposes.

### What this means for clients out in the community?

- Please report any symptoms of **(a fever, muscle ache, fatigue, headache, loss of smell or taste, new and persistent cough, sore throat or shortness of breath)** immediately to Home Care staff and contact the Clinical Helpline by calling **01481 756938 or 01481 756969**
- Remain vigilant in washing your hands thoroughly and regularly.
- Let home care staff know if you have family coming in from the UK and self-isolating and we will be happy to give them a ring to ensure their well-being during the 14 days.
- Stay safe and aware when you go out- make a note of who you spend time with in the community, which friends visit you and when the contact is longer than 15 minutes including what date and time for contact tracing purposes.
- Ask your friends and visitors to hand sanitise as they enter your home.

### What this means for visitors?

We are now encouraging visitors to come in when they want however due to the significant increase in risk of COVID coming to the island we ask you to do your very best to help us protect your loved ones by abiding by these rules.

- **Do not consider entering the building or collecting your friend or loved one if you have a fever, muscle ache, fatigue, headache, loss of smell or taste, new and persistent cough, sore throat or shortness of breath.**
- Call us to tell us you are coming so we can avoid a number of visitors all turning up in one go. It is possibly easier if you are a regular visitor to block book the days and times you would like to come/take your friend or loved one out.
- Please let us know as soon as possible if you are running late for your appointment or can't make your time slot.
- You need to sign the visitor's book and date and time for contact tracing purposes even if you are collecting someone to take out.
- On entering the building please ensure you hand sanitise.
- **Please avoid talking to other residents and keep as much distance as the corridors allow.**
- You can spend as much time as you like with your loved one either within their room or off site however you will not be allowed to visit with your friend or loved one in any communal areas for contact tracing purposes.

### What this means for staff?

Thank you so much for keeping standards high and during this uncertain time we need to keep doing what we are doing. Therefore please;

- **Do not consider coming to work a fever, muscle ache, fatigue, headache, loss of smell or taste, new and persistent cough, sore throat or shortness of breath** phone in immediately and let us know and contact the Clinical Helpline by calling 01481 756938 or 01481 756969 and let us know the outcome.

- Please be mindful when you are off duty, think twice about where, when and who you spend time with.
- If you have a diary please consider who/where and when you socialise with someone for more than 15 minutes for track and trace purposes.

Thank you to everyone for everything you have done and the sacrifices you have all made to get to this point. I will, of course be reviewing our restrictions, logging and contact tracing as phase five progresses.

Please if anyone has any questions, is concerned or is worried about any of the above please contact me for an appointment or a telephone call,

Kind Regards

*Liz Bowskill*

Liz Bowskill

Manager of Operations.