

## **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, Quarantine) Regulations 2020, as amended in November 2020. 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 should remain in your home (which can include the garden area) unless you require medical assistance or there is an emergency. You must stay in isolation and keep yourself separate from other people unless they are in quarantine with you. Do not meet friends, go to work, school, public areas or use public transport or taxis, until you have completed your full 14 days of quarantine. If you arrive in the Falkland Island 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. Don't forget, you can order by phone (see information sheet of useful numbers). The delivery instruction needs to state 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?**

In order to better protect you, your family, your friends and the wider community, you will be swabbed for Coronavirus on three separate occasions during your quarantine period. Swabbing is not offered to those who choose to quarantine outside of Stanley, as KEMH does not have the logistical resources to provide a mobile screening service across Camp. For those quarantining in Stanley, staff from the hospital will visit you in your accommodation to carry out swabbing within three days of your arrival and then again on days seven and 13 of your quarantine. If you are sharing accommodation with other people, they will also be swabbed on days seven and 13.

#### **What happens if there are communal areas such as stairs, access to bins etc?**

You should try and minimise your use of communal areas as far as possible, such as using them late at night for example when there are less likely to be other people around. 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 are restricted to your home and garden. If other members of your household who are not in quarantine with you are in the garden, you must stay separate, at least 2m away

from them. If this cannot be achieved, you may need a rota for 'outside time' to make sure you keep apart from the rest of your household. **You cannot go for a walk, run or drive, even to a remote place.**

### **What happens if I am sharing my accommodation with other people who are not in quarantine?**

Whilst quarantining you must keep apart from and avoid contact with other people in your home if they are not quarantining with you. Stay in a separate bedroom and keep the door closed to the rest of the house. Use a separate bathroom from the rest of the household, if available. **Please note, strict social distancing within the household, between quarantining and non-quarantining people is essential, and ignoring this rule could lead to a fine or imprisonment. Please stay at least 2m away from others in your household at all times.**

If you don't have access to a separate bathroom you must clean the bathroom thoroughly after using it, including all high-touch surfaces, after each use. High-touch surfaces include, door handles, light switches/pulls, taps, toilet seats and flush handles etc. Please also consider drawing up a bathroom rota for washing or bathing, where you would use the facilities last, before thoroughly cleaning the bathroom. Make sure you use separate towels (which should be kept in your room) from other household members, both for drying yourself after bathing or showering and for hand hygiene purposes.

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home who are not in quarantine. After using these items, wash them thoroughly with soap and water; dishwashers may be used to clean crockery and cutlery.

Your clothing, laundry, bedding and towels should be washed separately on as hot a wash as possible (more than 60 degrees).

**If you cannot stay separate from the rest of the household, you must all quarantine together or discuss the options for alternative quarantine accommodation with your booking agent or with Falklands Islands Government House Falkland Islands Government Office, Falkland House, 14 Broadway, London SW1H 0BH (email: [travel@falklands.gov.fk](mailto:travel@falklands.gov.fk)) **BEFORE** you travel to the Islands.**

### **Can I have visitors?**

**No.** During quarantine you are required to stay separate from other people, unless they are quarantining with you. Other members of your household can stay in the same accommodation provided you keep apart from them but you must not invite or allow others to visit you. Other members of the household should keep visitors to a minimum too.

If you think there is an essential need for someone to visit, then discuss it with the hospital first 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 your 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 swab 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**