F.I.G.

COVID-19

## COVID-19

# If you are feeling unwell and have











Cough

Runny nose

Sore throat

Fever

Difficulty breathing

Stay indoors, avoid contact with others



**Call** the Hospital for advice **28000** 

# What You Need To Know About COVID-19

COVID-19 is an infectious disease of growing global concern. This page is to provide up-to-date information and links for Falkland Islanders and others so they can stay well informed and take steps to protect their health.

Below are a set of frequently asked questions. These will be updated so please check regularly. As well, there are downloadable information sheets and posters for your use., and links to useful overseas information sources.

**Latest Update** 

**Support Package Applications** 

Frequently Asked Questions

Information you can use (Translations: Spanish, Filipino, Zimbabwean)

**Useful Links** 



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# KEMH Update:

This morning a further 20 test results were received from the laboratory in the UK.

The latest test results show three further positive results for COVID-19 in the Falkland Islands.

That takes the total of positive results to five, all individuals are currently serving at Mount Pleasant Complex, and two of whom have been receiving care at KEMH.

The other three individuals are in isolation at the Base as part of the ongoing MPC arrangements for dealing with possible cases.

As of Saturday 4 April, 137 samples have been taken and tested in the UK. 131 have been tested as negative. The remaining six swabs were from the five individuals who have now tested positive for COVID-19.

The first person to test positive for COVID-19 and who was cared for at KEMH has recovered.

A second patient from MPC, admitted last week and who is now confirmed by the latest results to have had COVID-19, remains in the isolation section of the hospital receiving care.

The young girl who came down with a serious respiratory condition unrelated to COVID-19 was being cared for in the non-isolation part of the hospital and is much improved. She was discharged at lunchtime today 7 April.

KEMH is requesting that the public not use the walkway from St Marys Walk (North) down to the Secretariat (South) which is located at the East end of the hospital. The

walkway goes through KEMH grounds and is used for hospital purposes.

Travel between Stanley and MPC

The Falkland Islands Government is continuing to work closely with BFSAI to manage movements between Stanley and Mount Pleasant Complex.

BFSAI have existing measures in place to restrict movement from MPC to Stanley.

FIG are working to support BFSAI around these travel arrangements in an effort to minimise travel between the two locations and to ensure only essential journeys are undertaken

In ensuring the integrity of journeys between MPC and Stanley, the RFIP will be carrying out selective checks on vehicles.

Anyone travelling from MPC must have written authorisation with them.

People travelling in from Camp may get stopped, in which case they will be offered advice on social distancing.

Guidance on Self-Isolation and Social distancing:

The Government is strengthening guidance around Self-Isolation and Social Distancing, to reflect that there are a number of distinct groups being asked to act responsibly and self-isolate for the good of the community.

Each group has different reasons for being in isolation, and the guidance is specific to each.

Here are the groups currently being advised, and guidance to them, along with Social Distance guidance for everyone. This guidance will later be available on the website 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 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

#### 2. 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 1-2m away from other people. Try not to share a car. If you do share a car then open the windows.

#### 3. 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. Advice to everyone regarding Social Distancing

Everyone is currently being advised to maintain good social distancing. This means not coming within 2 metres of other people who do not live with you.

Assuming that none of you have any symptoms (and are not on the moderate or high risk groups) then you do not currently need to maintain social distancing within your household although you should be taking sensible precautions such as regular hand washing and wiping down of common touch areas such as light switches and toilet flushes.

If you are returning from contact outside of your household, such as coming home from work, then you need to wash your hands and change your clothes (washing the work related clothes at a minimum of 60 degrees) on arriving home.

If you have children who regularly transfer between two households then this should be kept to a minimum but is still allowed.

If anyone in one of the households becomes symptomatic then the children should remain in whichever household they are currently in until the 14 days self-isolation period has ended.

Advice around the Falkland Islands Government's COVID-19 response can change. Please watch out for further statements from the Government in local media and

through the FIG and Community Facebook pages, the web pagefig.gov.fk/covid-19 and other channels.

Shopping the clever way:

Our supermarkets and other stores are doing a wonderful job providing services for the community, but there are ways you can assist them in keeping up the great work.

The West Store has noted over the weekend that family groups have started coming in together to shop. The store has in place a two-metre separation rule for shoppers and staff, so please respect this and if possible ONLY send one person to do the shop.

They also have a delivery service, which means you can order and have the goods delivered to your home.

The Chandlery limits shoppers to 20-maximum in store at one time, which they say is working well.

They also have a delivery service but are noting some people are using the service for their daily shopping needs – it would be better if they plan for a weekly order to ease the mounting pressure on making deliveries.

Kelper Stores is also asking that people come singly to do their shopping. The stores also offer a delivery service or prepare your order for you to come and collect.

#### COVID-19 Public Update - 6 April 2020

#### **KEMH Update:**

There has been no change in the number of COVID-19 confirmed cases today, with further test results due from the UK expected late tomorrow.

Yesterday it was announced a second positive test result had been received for COVID-19, involving an individual at the Mount Pleasant Complex who has been resident there for some time.

More recently the individual has been in isolation there as part of the ongoing MPC arrangements for dealing with possible cases.

The young girl who came down with a serious respiratory condition unrelated to COVID-19 is being cared for in the non-isolation part of the hospital and is continuing to improve.

The Falkland Islands Government is working closely with BFSAI to manage movements between Stanley and Mount Pleasant Complex.

The first patient to test positive for COVID-19 is also from MPC and has been in the isolation section at King Edward Memorial Hospital receiving care. Their condition is improving.

A second patient under care in isolation at KEMH is improving. They were admitted last week from MPC. Their test result is due this week.

As of Saturday, 137 samples have been taken and we have received 116 results. 114 have been negative and 2 have been positive. 1 was not tested as it was from one of the patients that we already had a positive result for.

The remaining 20 samples have now arrived by Airbridge in the UK for laboratory testing.

Once we have received the results the Government will consider whether the existing restrictions need to continue. A statement on the status of the current restrictions will be announced on Wednesday by the Chief Executive.

# New arrivals must self-isolate:

For the sake of our community, people who arrive back in the Falkland Islands must follow the strict guidance to self-isolate.

Those returning on the Airbridge must self-isolate for 14 days from their arrival.

That means staying AT HOME as stated in the guidance.

It is vital you follow the guidelines given to you when you arrive.

It's essential for our community that you do this and we thank those who are self-isolating.

Please also note that any household where an arriving person or persons is staying must ensure that the new arrival self-isolates for 14 days. If the new arrival is not able to isolate from other members of the household, the whole household MUST self-isolate for 14 days.

For further guidance on how to self-isolate, go to the 'Information You Can Use' section of the fig.gov.fk/covid-19 web page and see the self-isolation advice sheet. I

The Education Department has been liaising closely with parents of returning students around the self-isolation requirements and will continuing contact with families should they have issues, such as accommodation, that need support. The Department can be reached on 27289.

Advice around the Falkland Islands Government's COVID-19 response can change. Please watch out for further statements from the Government in local media
and through the FIG and Community Facebook pages, the web page fig.gov.fk/covid-19 and other channels.

## Port contract signed:

The Falkland Islands Government is pleased to announce that it has completed and signed a contract with BAM Nuttall for the design and build of a new port in Stanley Harbour.

It follows the announcement in February 2020 that BAM Nuttall had been selected as development partner after an extensive global procurement process.

Development and Commercial Services portfolio holder, MLA Dr Barry Elsby, welcomed the contract signing.

"Whilst COVID-19 may be dominating our thoughts at this time, we will be ready to start work with BAM Nuttall on the first steps towards delivering this vital national infrastructure once the restrictions related to CÖVID-19 are lifted. The absolute need for a new port to support our fishing and other industries remains."

Due to the current circumstances, stakeholder engagement with key industry sectors will not begin immediately. The situation will be kept under review, with a view to starting as soon as practicable.

Martin Bellamy, BAM Nuttall's Managing Director, said: "BAM is proud to be working with the Falkland Islands Government to develop a new port that will support the local economy and facilitate for future forecasted economic growth. We look forward to initially engaging with the key stakeholders and working with Falkland Islanders to develop such a critical piece of infrastructure."

The new facility will be in the vicinity of the current port in Stanley Harbour, offering new facilities that will benefit key users in the fishing, tourism and shipping sectors, as well as many other parts of the economy.

#### **GET COVID-19 SMART**

It is highly important that COVID-19 advice is followed.

This is especially so for anyone in the community who is advised to self-isolate. This is a very tangible and effective way you can play your part and keep yourself and our community safe.

Our guidance on social distancing is also very important to follow. It helps reduce the chance of COVID-19 being passed from person to person. There are information sheets available on fig.gov.fk/covid-19 and watch out for our Facebook handy messages.

#### HEALTH

KEMH has put into effect its well-developed plans for handling COVID-19 cases.

Patients requiring emergency treatment of any sort including respiratory, and cold like symptoms are asked to contact the hospital on 28000 and discuss their condition with a member of the clinical staff who will then advise.

If you have been asked by the Hospital to self-isolate because you have cold/flu symptoms AND you have developed a fever (a high temperature), your whole household – all those living with you, must self-isolate for 14 days

Those in the community identified as vulnerable by KEMH staff have since Wednesday, 25 March, been advised to be in isolation for up to 12 weeks.

Routine GP and Dental appointments have been suspended. Those affected will be contacted by KEMH.

The Pharmacy is able to take prescription requests. But please do NOT come to the Pharmacy solely for the purpose of ordering a prescription, nor if you have COVID-19 like symptoms. Please either e-mail **pharmacyoffice@kemh.gov.fk** or call 28011 to leave a message on the answerphone.

## AIRBRIDGE

The FIGO office in London advise that until further notice, there will be a new fortnightly rotation for civilian passenger Southbound flights.

The rotation pattern is as follows:

SAA1:Southbound civilian (April 3, completed)

SAA2: Freight (7 April)

SAA3: BFSAI passengers (10 April)

SAA4: Freight (14 April)

Therefore, the next Southbound civilian passenger flight will be 17 April. Northbound civilian passengers can be booked on each Northbound flight as normal, but please note that numbers will be restricted and journeys should only be made if they are essential.

### **CURRENT GUIDANCE ON ESSENTIAL WORK CATEGORIES**

We are currently advising everyone to reduce all non-essential activities until further notice; everyone should stay at home where they can, and work from home where possible.

Essential activities, at this stage, include critical and key work, where this cannot be done from home.

Essential work categories are available on our fig.gov.fk/covid-19 website under the 26 March update.

If you are unclear about where your function or activities sit please contact the Secretariat on 28450.

#### **EDUCATION CHILDCARE**

The Education Department is providing childcare for the children of essential key workers to enable them to go to work. Parents in this category have been contacted directly.

If you think you have been missed, please call 27294. If you have not been contacted, please do not try to bring your child to school.

Schools and playgrounds remain closed.

#### HOW TO ACCESS EMPLOYER AND EMPLOYEE SUPPORT PACKAGE

Applications can now be made for the Falkland Islands Government's support package that was announced on 25 March 2020 for private sector employers with employees, as well as the self-employed who have been affected by the COVID-19 pandemic.

The Government is doing this to reinforce and support the strong public health action which the Falkland Islands Government is taking to protect the population and minimise the social and economic impact of this challenging issue.

How to apply --

Application forms along with other guidance are available through:

Falkland Islands Government -

#### www.Fig.gov.fk/covid-19

Falkland Islands Development Corporation

#### http://www.fidc.co.fk/library/covid-19

If you need assistance filling out the forms, contact Sian Davies, Business Development Officer, at FIDC telephone 51211.

#### VOLUNTEERING

The Falkland Islands Government are looking for members of the public to join the Community Volunteers to help those who are currently self-isolating. Vicky Collier is the Volunteer Coordinator.

Community Volunteers will assist in a range of duties:

- Delivering goods
- Running errands for those in isolation (shopping, banking, post etc.)
- Schedule and make telephone calls
- Schedule and make video calls
- To run a puzzle swap/bank
- To run a board games swap/bank
- To give free advice on technology over the phone

If you are interested in being a volunteer, emailvolunteers@sec.gov.fk with your name and the following information:

- Contact details
- What would you like to volunteer for
- Any particular skills you can offer
- If you are happy for your contact details to be shared

If you are in self-isolation or know someone who is that may need support contact Vicky on volunteers@sec.gov.fk or 27451.

#### FIGO SERVICES

While the Falkland Islands Government Office in London is closed all staff are working from home to help all Islanders in the UK, Falkland Islands organisations, FIG, and anyone traveling to and from the Islands. Please do not hesitate to contact them:

For Airbridge - Please contact our Travel Co-Ordinator Teryn Joshua on either 07984 096 726 ortravel@falklands.gov.fk.

For Medical - Please contact our Medical Co-Ordinator Gemma Clayphan on either 07903 379 006 oreception@falklands.gov.fk.

For Students – Please contact the Deputy Representative Michael Betts on deputyrep@falklands.gov.fk.

For all other queries regarding COVID-19 or any other issues, we can be reached via 020 7222 2542 (message will provide a range of contact information) or reception@falklands.gov.fk

# **EXECUTIVE COUNCIL AND LEGISLATIVE ASSEMBLY**

Executive Council is meeting regularly to consider response and make other policy related to the COVID-19 response. MLAs are also meeting regularly to consider COVID19 related matters.

Regular portfolio and other meetings are postponed until mid-April 2020.

#### **HELP US FIGHT COVID-19**

What to do if you feel unwell and are worried you might have COVID-19.

If you have flu-like symptoms, phone the Hospital on 28000. Staff will provide advice. DO NOT come to KEMH directly.

The symptoms of COVID-19 are:

- a cough
- a high temperature
- sore throat
- shortness of breath
- aches and pains in muscles and joints

But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Please remember the importance of good public health hygiene measures:

- Always cough and sneeze into a tissue and dispose of the tissue safely in a bin and wash your hands afterwards. If you do not have a tissue, sneeze and cough into the crook of your elbow.
- If you are unwell with any infectious illness, please act responsibly and stay away from people and crowds and isolate yourself as much as possible.
- Avoid close contact with people who appear unwell and avoid sharing personal items.
- Wash your hands regularly with soap and water for 20 seconds or use a disinfectant, especially after coughing and sneezing, and always before handling and
  consuming food and after using the toilet.

COVID-19 Public Update - 5 April 2020

COVID-19 Public Update - 3 April 2020

COVID-19 Public Update - 2 April 2020

COVID-19 Public Update - 1 April 2020

COVID-19 Public Update - 31 March 2020

New stage in Government COVID-19 response - 26 March 2020

Infectious Diseases Control Regulations - 24 March 2020

Summary - Next stage in COVID-19 Response - 20 March 2020

What is social distancing and why is it important - 20 March 2020

**NEW TRAVEL ADVISORY - 17 March 2020** 

**INFECTIOUS DISEASES PLAN PUBLIC - 16 March 2020** 

# **Support Package Applications Now Open**

Applications can now be made for the Falkland Islands Government's support package that was announced on 25 March 2020 for private sector employers with employees, as well as the self-employed who have been affected by the COVID-19 pandemic.

The Government is doing this to reinforce and support the strong public health action which the Falkland Islands Government is taking to protect the population and minimise the social and economic impact of this challenging issue.

#### How to apply:

Application forms along with other guidance are available through:

Falkland Islands Government - Here

#### https://www.fig.gov.fk/covid-19

Falkland Islands Development Corporation -

#### http://www.fidc.co.fk/library/covid-19

The Falkland Islands Development Corporation (FIDC) is tasked to develop the commercial sector of the Falkland Islands by being one of the principal partners delivering the Economic, Rural and Tourism Strategies.

If you need assistance filling out the forms, contact Sian Davies, Business Development Officer, at FIDC telephone 51211.

Relevant documents will be translated into Spanish and Filipino and posted to the websites within the next few days.

The package provisions apply to the following categories.

- All employees with symptoms who are advised by KEMH to self-isolate for 14 days will continue to be paid by their employer (regardless of whether they are entitled to leave or sick pay). Employers will be able to seek reimbursement of the costs of this measure from the Government, up to a cap of £1,250 for the 14 calendar days per employee for the period of isolation.
- All self-employed people with symptoms who are advised in writing by KEMH to self-isolate for 14 calendar days will similarly be able to claim a sum of up to £1,250 for the 14 calendar days of self-isolation.
- All "vulnerable" self-employed people who are advised in writing by KEMH to self-isolate for an initial period of 3 months, and who are unable to work from home, will be
  able to claim a sum of up to £2,500 per month for the period of isolation.
- All "vulnerable" employees who are advised by KEMH to self-isolate for an initial period of 3 months, and who are unable to work from home, will continue to be paid by their employer (regardless of whether they are entitled to leave or sick pay). Employers will be able to seek reimbursement for this measure from the Government, up to a cap of £2,500 per employee per month for the period of isolation.
- When private sector employees without symptoms are
  - a) advised by KEMH to self-isolate due to a household member being symptomatic with a fever and with that household member having been advised by KEMH to self-isolate; or
  - b) advised by the government to stay home due to being classified as a non-essential worker.
  - and who in both instances cannot work from home, they will continue to be paid by their employer (regardless of whether they are entitled to leave or sick pay) for a period of up to 14 days.
- When self-employed people without symptoms are
  - a) advised by KEMH to self-isolate due to a household member being symptomatic with a fever and with that household member having been advised by KEMH to self-isolate.

- or b) advised by the government to stay home due to being classified as a non-essential worker,
- and who in both instances cannot work from home, they will be able to claim a sum of up to £1,250 for a period of up to 14 calendar days.

All funds will be considered taxable and subject to the usual deductions from payroll.

If employees or self-employed persons are able to work from home during any period of isolation, we would expect them to do so and not to claim re-imbursement from Government.

These measures are designed to ensure that everyone can make the right choice to take necessary public health measures, for the benefit of all, whilst ensuring that the impact on the economy is minimised.

The Government will be announcing further measures to assist the private sector more generally within the next several days.

In addition, the Government continues to offer a range of benefits and allowances to Falkland Islands residents through the Department of Health and Social Services.

٥	Application Form and Guidelines - Employer Created: 2020-04-02   Size: 321.06 KB	Download
0	Application Form and Guidelines - Self-Employed Created: 2020-04-02   Size: 307.71 KB	Download
0	Employer flowchart Created: 2020-04-02   Size: 72.56 KB	Download
0	EMPLOYEE FAQ Created: 2020-04-02   Size: 50.36 KB	Download
0	EMPLOYER FAQ Created: 2020-04-02   Size: 52.31 KB	Download
0	SELF EMPLOYED FAQ Created: 2020-04-02   Size: 54.28 KB	Download
0	Self-Employed flowchart Created: 2020-04-02   Size: 59.69 KB	Download
0	Employers Claim form template Created: 2020-04-06   Size: 171.5 KB	Download

# **COVID-19 Frequently Asked Questions**

This information was last updated on 17 March, 2020.

# What is COVID-19? COVID-19 is an illness caused by the new novel coronavirus strain, SARS-CoV-2. Symptoms of COVID-19 What preparations have been made for COVID-19 in the Falkland Islands? How COVID-19 is spread How can I avoid catching COVID-19? What should I do if I feel unwell? What is the advice on those returning to or travelling to the Falklands?

What steps will be taken if there is a suspected COVID-19 case in the Falkland Islands? Why can't we test in the Falklands? What is self-isolation? **Treatment for COVID-19** Who is most at risk of COVID-19? Can I catch COVID-19 off parcels from overseas Can I get COVID-19 from food or takeaways? Are face masks useful for preventing COVID-19? Is there a vaccine for COVID-19? I have a child studying in the UK - should they come home? Do I need to avoid public places? Should I stock up on supplies? Information you can use Here is more information you can read. These can be downloaded and printed out. The material covers: Covid-19 - What you need to know Covid-19 - What you need to know Created: 2020-04-03 | Size: 108.68 KB Feeling Unwell Poster Feeling Unwell - Poster Created: 2020-03-06 | Size: 192.49 KB A COVID-19 information leaflet **COVID-19 Information Leaflet** Created: 2020-03-05 | Size: 468.66 KB All about flu Flu Leaflet Created: 2020-03-05 | Size: 473.55 KB Information for schools **COVID-19 Information For Schools** Created: 2020-03-05 | Size: 326.1 KB Information for hotels and lodges **COVID-19 Advice For Hotels** Created: 2020-03-05 | Size: 266.56 KB

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	th Organization information is here: https://www.who.int/emergencies/diseases/novel-coronavirus-2019  ealth Service information is here: https://www.nhs.uk/conditions/coronavirus-covid-19/	

 ${\tt UK\ Government\ latest\ information\ and\ advice:} \textbf{https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public}$ 

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