

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 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

Protecting Your Workforce During COVID-19

Essential Travel Application

Support Package Applications

Frequently Asked Questions

Information you can use (Translations: [Spanish](#), [Filipino](#))

Useful Links



KEMH UPDATE

If you had a swab taken from KEMH recently, it's important to note that you need to wait to hear directly from the hospital as to your test result.

Swabs are being sent to the UK regularly on the South Atlantic Airbridge and are typically processed within 36 hours of arrival.

Staff are phoning anyone affected within a day of receiving back results, and there's no need to contact the hospital.

If you are waiting for the result of a swab, you must continue to follow advice issued to you by the hospital until KEMH get in touch with you.

337 samples have now been tested in the UK, with 12 COVID-19 positive results in the Falkland Islands to date.

11 of the 12 individuals have now completed self-isolation or treatment.

Remember: If you feel unwell with flu-like symptoms and are worried you might have COVID-19. phone the Hospital on 28000. Staff will provide advice. DO NOT come to KEMH

NEW LEGAL PROVISIONS

Yesterday, Executive Council considered two reports regarding further legislative proposals responding to the challenges posed by COVID-19.

Executive Council considered the provisions put in place in the UK, including the Coronavirus Act 2020, and other laws.

It agreed that specific provision should be made in the Falkland Islands in the following areas:

- Health service indemnification – providing a safety net in relation to any claims made against healthcare workers as a result of COVID-19.
- Courts and Tribunals – to bolster provision for use of video and audio technology in respect of court and tribunal hearings.

This will be done by way of a Bill to be presented to the Legislative Assembly.

Executive Council also agreed that provision should be made in relation to restrictions on movement, events, gatherings and premises.

A detailed report was presented to Executive Council accompanied by the draft Infectious Diseases Control (Coronavirus) (No 2) Regulations 2020. The draft regulations were approved by Executive Council and will be made shortly.

The regulations provide for the move, when necessary, to formal restrictions being imposed – along similar lines to the UK lock-down. So, people could be directed to stay at home, and businesses could be directed to close.

The regulations can be applied to all of the Falkland Islands or to specific parts of the Islands, as necessary.

Clear communication of the restrictions will be required before any are brought into effect. Guidance will be published summarising the regulations.

Authorities will seek to engage with the community, explain requirements, and encourage compliance, before other forms of enforcement.

The regulations introduce a significant restriction on the rights and freedoms provided by the Constitution.

This is considered to be a necessary and proportionate approach in light of the challenges posed by COVID-19.

Safeguards in the regulations will require regular review of any restrictions, and the regulations will only remain in force for 12 months.

LATAM FLIGHTS UPDATE

LATAM has confirmed that the Saturday schedule Mount Pleasant-Punta Arenas-Santiago air service will not be operating during May.

The airline however hopes it may resume in early June.

As previously announced it has been agreed between the Falkland Islands Government and LATAM to continue the suspension of the Sao Paulo Wednesday schedule until 14 May.

We will provide further updates on the Chile and Brazil connections when further information becomes available. FIG is reviewing every two weeks with LATAM and monitoring long-haul flight operations.

EVERYONE HAS A PART TO PLAY

Yesterday we highlighted an incident where a Stanley resident and a contractor failed to follow FIG public health advice.

We did so to remind everyone that the collective effort, of every person on the island, is needed.

Recent social media comments have unfairly singled out different sections of the community, but we would like to make it clear that the contractor concerned is a permanent resident of the Falkland Islands. This information is being shared as it is important for our community to understand that everyone has a part to play.

The swift introduction of stringent measures by BFSAI and our local population continuing to behave appropriately is critical to the continued success of these measures.

We would like to thank everyone who is thinking twice before making journeys to MPC as well as those whose journeys are essential and who are actively supporting the Approved Travel procedure; these joint efforts have undoubtedly made a difference.

YOUR WELLBEING

We know that COVID-19 is putting a strain on us all, and its understandable if you are anxious.

There are things you can do however to ease some of the stress.

These include:

- Avoiding too much exposure to news and social media
 - Limiting the time you spend talking about the coronavirus
 - If you have children, letting them talk about their worries but reassure them that it's going to be okay.
 - Checking on your friends and neighbours (especially more vulnerable people) and offer to help out where you can.
 - Looking after yourself! Do things that make you feel relaxed and safe.
 - Staying in touch with friends and family.

If you do feel you need to reach out for help in the Falklands, there are people ready to listen to your concerns and provide support. Feeling worried does not necessarily mean that you have a mental health problem.

There is a 7-day service for your emotional wellbeing provided by the KEMH CPN team.
Please contact KEMH on 28082.

There are also other contacts you may find helpful:

The UK-based charity Samaritans : 51515 or email jo@samaritans.org

NSPCC: 28888

Citizens Advice Bureau: 55355

The NHS website Every Mind Matters has plenty of resources and tips to help you.

If you have any concerns or queries regarding financial matters, welfare or safeguarding

concerns for yourself, your family or someone you know, please contact Social Services on 27296. They operate a 24-hour service and an after-office hours you can call on 28100.

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.

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.

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.

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.

The emergency childcare remains open during the school holidays. Schools and playgrounds remain closed. For queries, please call 27294.

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. As of April 22, the building sector has also been permitted to resume operation, subject to it following guidance on operating safely in a COVID-19 environment.

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.

HOW TO ACCESS EMPLOYER AND EMPLOYEE SUPPORT PACKAGE

The Falkland Islands Government's support package announced on 25 March 2020 is 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.

If you are interested in being a volunteer, email volunteers@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 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 or travel@falklands.gov.fk.

For Medical – Please contact our Medical Co-Ordinator Gemma Clayphan on 07399 163140 or reception@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.

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 – 22 April 2020](#)

[COVID-19 Public Update April 20 2020](#)

[Government unveils comprehensive COVID-19 support package - 17 April](#)

[COVID-19 Public Update - 17 April 2020](#)

[COVID-19 Public Update - 16 April 2020](#)

[COVID-19 Public Update - 15 April 2020](#)

[COVID-19 Public Update PM - 14 April 2020](#)

[COVID-19 Public Update - 9 April 2020](#)

[COVID-19 Public Update - 8 April 2020](#)

[COVID-19 Public Update - 7 April 2020](#)

[COVID-19 Public Update – 6 April 2020](#)

[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](#)

[Guide to FIG services](#)

[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](#)

Protecting Your Workforce During COVID-19

The government has today published guidance for the building sector on operating under COVID-19 conditions.

These are exceptional circumstances and the industry must comply with the latest Falkland Island Government advice on COVID-19 at all times.

The Site Operating Procedures are based on Public Health England (PHE) guidance and information provided by the Falkland Islands Government Chief Medical Officer;

Anyone undertaking construction activities during the COVID-19 pandemic needs to ensure they are protecting their workforce and minimizing the risk of spread of infection. This includes considering how personnel travel to and from site.

This guidance is intended to introduce consistent measures on construction sites of all types and sizes, in line with the Government's recommendations on social distancing and ensure employers and individuals make every effort to comply.



FIG Site Operating Procedures

Created: 2020-04-20 | Changed: | Size: 127.91 KB

[Download](#)

Essential Travel Application

BFSAI have stringent restrictions in place and are working hard to reduce movement from MPC to Stanley; this is in order to limit travel to that which is essential only

FIG has explored options around the introduction of a process so that essential travel is specifically authorised, this will support efforts already in place by BFSAI

FIG have decided to jointly sign registrations under this scheme.

The scheme is intended to reduce travel between the two population centres and thereby minimise the risk of COVID19 across the Falklands..

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.

Persons who use the MPA road for reasons, such as travel to and around Camp, do not need to register.

The form below is for anyone wishing to make an Essential Travel Application. In relation to the registration process itself enquiries should be addressed to your employer in the first instance or pa.desis@sec.gov.fk



Essential Travel Application

Created: 2020-04-14 | Changed: 2020-04-16 | Size: 84.31 KB

[Download](#)

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-imburement 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.

English



Application Form and Guidelines - Employer

Created: 2020-04-02 | Changed: 2020-04-03 | Size: 321.06 KB

Download



Application Form and Guidelines - Self-Employed

Created: 2020-04-02 | Changed: 2020-04-21 | Size: 843.44 KB

Download



Employer flowchart

Created: 2020-04-02 | Changed: 2020-04-03 | Size: 72.56 KB

Download



Self-Employed flowchart

Created: 2020-04-02 | Changed: 2020-04-03 | Size: 59.69 KB

Download



EMPLOYEE FAQ

Created: 2020-04-02 | Changed: 2020-04-22 | Size: 461.76 KB

Download



EMPLOYER FAQ

Created: 2020-04-02 | Changed: 2020-04-22 | Size: 465.04 KB

Download



Employers Claim form template

Created: 2020-04-06 | Changed: 2020-04-22 | Size: 170 KB

Download



SELF-EMPLOYED FAQ

Created: 2020-04-20 | Changed: 2020-04-21 | Size: 580.72 KB

Download

Spanish

Filipino

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 are taken for a suspected COVID-19 case in the Falkland Islands?

Why can't we test in the Falklands?

What is self-isolation?

Specific advice on self-isolation for different groups

Can I go outside for exercise?

Can I go for a drive?

I have returned on the Airbridge and am in quarantine - can I go out for a walk or a drive?

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?

Should I wear a face mask?

Do gloves offer protection?

Is there a vaccine for COVID-19?

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 | Changed: | Size: 108.68 KB

Download

Feeling Unwell Poster



Feeling Unwell - Poster

Created: 2020-03-06 | Changed: | Size: 192.49 KB

Download

A COVID-19 information leaflet



COVID-19 Information Leaflet

Created: 2020-03-05 | Changed: 2020-03-05 | Size: 468.66 KB

Download

All about flu



Flu Leaflet

Created: 2020-03-05 | Changed: | Size: 473.55 KB

Download

Information for schools



COVID-19 Information For Schools

Created: 2020-03-05 | Changed: | Size: 326.1 KB

Download

Information for hotels and lodges



COVID-19 Advice For Hotels

Created: 2020-03-05 | Changed: | Size: 266.56 KB

Download



COVID-19 Cleaning Information

Created: 2020-03-05 | Changed: | Size: 256.59 KB

Download

Social Distancing



What is social distancing and why is it important

Created: 2020-04-13 | Changed: | Size: 124.73 KB

Download



Social Distancing - Spanish

Created: 2020-03-27 | Changed: 2020-04-20 | Size: 35.83 KB

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Social Distancing - Filipino

Created: 2020-03-29 | Changed: 2020-04-20 | Size: 134.11 KB

Download



Social Distancing - Zimbabwean

Created: 2020-04-06 | Changed: 2020-04-06 | Size: 97 KB

Download



What you need to know about Social Distancing

Created: 2020-04-13 | Changed: | Size: 54.82 KB

Download

Self-isolation



Self-isolation - 10 tips

Created: 2020-03-05 | Changed: | Size: 324.72 KB

Download



Self-isolation - 10 tips - Spanish

Created: 2020-03-27 | Changed: 2020-04-02 | Size: 27.41 KB

Download



Self-isolation - 10 tips - Filipino

Created: 2020-03-27 | Changed: 2020-04-02 | Size: 61.26 KB

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Self-isolation - 10 tips - Zimbabwean

Created: 2020-04-06 | Changed: 2020-04-06 | Size: 124.31 KB

Download



Self-isolation Guidance

Created: 2020-04-16 | Changed: 2020-04-17 | Size: 132.33 KB

Download



Self-isolation Guidance - Spanish

Created: 2020-04-17 | Changed: 2020-04-17 | Size: 87.24 KB

Download



Self-isolation Guidance - Filipino

Created: 2020-04-17 | Changed: 2020-04-17 | Size: 184.98 KB

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SPANISH COVID-19 Latest Updates



COVID-19 Public Update - 22 April 2020 - Spanish

Created: 2020-04-23 | Changed: | Size: 83.57 KB

Download



COVID-19 Public Update - 20 April 2020 - Spanish

Created: 2020-04-23 | Changed: | Size: 146.76 KB

Download



Government unveils comprehensive COVID-19 support package - 17 April 2020 - Spanish

Created: 2020-04-20 | Changed: | Size: 75.67 KB

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FILIPINO COVID-19 Latest Updates



COVID-19 Public Update - 22 April 2020 - Filipino

Created: 2020-04-23 | Changed: | Size: 129.69 KB

Download



COVID-19 Public Update - 20 April 2020 - Filipino

Created: 2020-04-23 | Changed: | Size: 192.55 KB

Download



Government unveils comprehensive COVID-19 support package - 17 April 2020 - Filipino

Created: 2020-04-20 | Changed: | Size: 209.63 KB

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Useful links concerning COVID-19

The following links cover the latest global information and from the UK.

World Health Organization information is here: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

National Health Service information is here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

UK Government latest information and advice: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Contact Us

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Tel: +44 (0)20 7222 2542 E-mail: reception@falklands.gov.fk

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