

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

FIG & Business Directories

Protecting Your Workforce During COVID-19

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Frequently Asked Questions

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

Useful Links



COVID-19 Public Update – 27 April 2020

KEMH UPDATE

A further 19 test swabs are on their way to the UK on the Airbridge today as part of the KEMH's regular monitoring for COVID-19.

Processing typically takes up to 36 hours.

353 samples have now been tested in the UK and there have been 13 COVID-19 positive results in total.

Two of those 13 remain in isolation at Mount Pleasant Complex, while the remainder of the individuals have either completed 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.

A MESSAGE FROM PRIMARY CARE

A reminder that KEMH's Primary Care Service is still open and wants to keep in touch with your important health concerns, despite the changes brought about by the response to COVID-19.

Patients who need regular monitoring are being contacted.

However, please let the hospital know if you have any new lumps or bumps, moles changing shape, palpitations, pelvic pain, abnormal bleeding, suspicious weight

However, please let the hospital know if you have any new rashes or bumps, itchy or changing shape, palpitations, joint pain, abnormal bleeding, unexpected weight loss or any other symptoms you are concerned about.

If you have such a concern, please call the hospital on 28000 between 8am – 4.30pm, Monday – Friday and request a telephone appointment with a GP or Nurse Practitioner.

If staff need to see you in person they will let you know and you will be given a face to face appointment, regardless of whether you live in Stanley or Camp. Please do not ignore important health concerns.

EDUCATION

This week the government is reviewing the current advice on the closure of schools and nurseries. We announced on 26 March that schools would remain closed until at least the 4 May. In order to allow further consideration and provide time for associated planning, parents are advised at this stage that schools and nurseries will not reopen before the 11 May. Information in relation to schools will be provided later this week following further discussions with Members of the Legislative Assembly and consideration by Executive Council.

ADVICE ON WIDER RESTRICTIONS

Advice on wider restriction measures is also being currently reviewed. Any changes to the current arrangements will be announced later this week.

FALKLANDS GATEWAY

Andrew Newman of Argos Froyanes Limited says they are currently preparing for the South Georgia Toothfish season and are delighted to be able to continue to use Stanley harbour as a logistical base.

The Nordic Prince has been in the harbour since 15 March and has been effectively quarantined since last November when the crew joined the vessel. She has had no suspected COVID-19 cases and the crew have been isolating aboard the vessel.

The Argos Georgia and the Argos Froyanes have also arrived. Both vessels are from New Zealand; their crews have been isolated on board for over a month with daily health monitoring that has not shown any suspected cases. These vessels were carrying some cargo for local suppliers and the Falkland Islands Government, which was coordinated through Government House and the Chamber of Commerce.

Argos Foyanes Limited have also chartered a vessel, Proa Pioneer, to bring additional crew and provisions from Montevideo and which has now reached the Falklands. They too have all been quarantined for a minimum of two weeks with daily health monitoring before arriving. No crew will be routinely coming ashore whilst in Stanley.

Andrew Newman said they have received amazing support from agents Sullivan Shipping as well as FIG Customs, Atlink and the Government of South Georgia and the South Sandwich Islands in these difficult times.

YOUR WELLBEING

It's very understandable if you are feeling anxious and stressed about COVID-19.

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.

SOCIAL DISTANCING

We can't say it enough – social distancing is a really tangible way that you can safeguard yourself and the community from COVID-19.

It means less contact between you and other people. The more space between you and others, the harder it is for the virus to spread

At least two metres separation is the rule of thumb.

If you have questions, go to the fig.gov.fk/covid-19 web page and download the 20 March factsheet called What Is Social Distancing and Why Is It Important.

VOLUNTEERS UPDATE

The Community Volunteers led by Vicky Collier are busy raising spirits across the Islands with activities and support during this time.

A 'Big Sleep In' on Saturday night had 119 registered participants - the youngest being 6 months old! There were participants from Stanley, MPC, Goose Green, North Arm, Hill Cove, Albemarle Station, Port Howard, Fox Bay, and even one from the UK. They will all receive a certificate for taking part.

This week is 'Rainbow Week', encouraging households and businesses to make their properties as bright as possible, with window displays, fairy lights or any creative ways that they can think of. Included in this is a fancy dress day on Wednesday, encouraging anyone and everyone to dress up in their best and brightest clothing.

The Group also has a series of mental health support booklets for young children, older children/teenagers and adults. They can be sent in electronic format, or posted, and there are also copies currently in the Post Office and KEMH reception. All requests are dealt with in the strictest confidence.

And if you just need a chat, then why not try Teaberry Talks. You can register to have a person ring you for a regular talk on the phone.

For further details on any of these, or to volunteer, contact volunteers@sec.gov.fk or 27451.

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 CHILD CARE

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.

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 – 24 April 2020](#)

[COVID-19 Public Update – 23 April 2020](#)

[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](#)

[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](#)

FIG & Business Directories

These advisories are guides to business and FIG services, with opening hours and contact details. They are based on publically available information but may always be subject to change.



FIG Directory

Created: 2020-04-27 | Changed: | Size: 569.28 KB

[Download](#)



Business Directory

Created: 2020-04-27 | Changed: | Size: 465.74 KB

[Download](#)

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: 2020-04-24 | Size: 142.64 KB

Download



What you need to know about Social Distancing

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

Download

Self-isolation



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

Download



Self-isolation Guidance - Zimbabwean

Created: 2020-04-27 | Changed: | Size: 124.72 KB

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SPANISH COVID-19 Latest Updates



COVID-19 Public Update - 24 April 2020 - Spanish

Created: 2020-04-27 | Changed: | Size: 113.15 KB

Download



COVID-19 Public Update - 23 April 2020 - Spanish

Created: 2020-04-24 | Changed: | Size: 95.91 KB

Download



COVID-19 Public Update - 22 April 2020 - Spanish

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

Download

FILIPINO COVID-19 Latest Updates



COVID-19 Public Update - 24 April 2020 - Filipino

Created: 2020-04-27 | Changed: | Size: 113.81 KB

Download



COVID-19 Public Update - 23 April 2020 - Filipino

Created: 2020-04-24 | Changed: | Size: 157.59 KB

Download



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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