



**Falkland Islands Government**

**COVID-19 Public Health Guidance Booklet**



## The Falkland Islands Government

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### **Letter from the Chief Medical Officer concerning clinically extremely vulnerable or high-risk people**

As we move towards the relaxation of our borders, and start to see COVID-19 enter our community, it is understandable that some people will feel anxious and scared about what this will mean for them. This fear may be heightened if you feel that you are at increased risk, because of a medical condition that you have, or treatments that you take.

In the past, you may have received a letter identifying you as someone who is clinically extremely vulnerable (CEV) or high-risk, and you may have been advised to shield during early stages of the pandemic, back in early 2020.

Most people who were previously identified as high-risk or CEV are now well protected, having received their primary and booster vaccination doses. Equally, most people who were identified as high-risk or CEV back in 2020, are no longer at greater risk than the general population, which means you are advised to follow the same guidance as everyone else on staying safe and preventing the spread of COVID-19.

There is no longer separate guidance for people previously identified as high-risk or CEV, although we recommend that anyone with an underlying health condition takes care to avoid routine coughs, colds and other respiratory viruses. Good hand hygiene and social distancing, where possible, remains important.

**Everyone is strongly advised to get vaccinated, including pregnant women. If you have not yet received the COVID-19 vaccine, you should get vaccinated.** Evidence indicates that completing a primary course of COVID-19 vaccination provides very effective protection against hospitalisation. To maintain this high level of protection you should also get a booster vaccine for COVID-19 when this is offered to you.

There are a small number of people who, in spite of vaccination, are at higher risk of serious illness from COVID-19. This is usually due to a weakened immune system or another specific medical condition. This small group may require additional vaccinations and may be asked to shield if required in the future. Everyone in this group will be notified directly by the hospital, and will be advised as to what they need to do when we have COVID-19 in the community. **Unless you have been contacted by the hospital and directly identified as being in this group, then you should continue to follow the same guidance as the general public on staying safe and preventing the spread of COVID-19.**

**If you remain concerned, or if you have issues or worries about your physical or mental health, please contact the KEMH.**

Dr Rebecca Edwards



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## COVID-19 remains a risk

COVID-19 will be a feature of our lives for the foreseeable future, so we need to learn to live with it and manage the risk to ourselves and others. It is also possible to catch and spread COVID-19, even if you are fully vaccinated.

**If you have any of the main symptoms of COVID-19 or receive a positive test result, then our public health advice is to stay at home and avoid contact with people.**

We all need to play our part in understanding where and when the risks of COVID-19 infection and transmission are likely to be higher, and what we can do to reduce these risks.

Following the public health guidance will help you to identify situations where there is a greater risk of catching or spreading COVID-19, and what steps you can take to stay safe and protect others. **Every positive action you take will help to reduce the spread of the virus.**

### **1. Understanding the risks of COVID-19**

COVID-19 is a highly infectious disease, and the risk of catching it or passing it on very much depends on how we act when going about our daily lives. The most significant way the virus spreads is through airborne transmission, although close contact and surface contact can also result in the disease spreading. It is also possible to be infected by someone you have not had close contact with, especially if you're in a crowded and/or poorly ventilated space.

When someone with COVID-19 breathes, speaks, coughs or sneezes, they release particles containing the virus that causes COVID-19. These particles may then come into contact with the eyes, nose or mouth of another person or can be breathed in by them; particles can also land on surfaces and be passed from person to person via touch.

In general, the risk of catching or passing on COVID-19 is higher in crowded and enclosed spaces, where there are more people who might be infectious and limited fresh air. In situations where there is a higher risk of catching or passing on COVID-19, you should be particularly careful to follow the guidance on keeping yourself and others safe.

### **2. Keeping yourself and others safe**

We will soon see cases of COVID-19 within the community in the Falkland Islands, which means there is a risk that you could catch or pass on the virus, even if you are fully vaccinated. This means it is important that you understand and consider the risks of catching or spreading COVID-19 in all situations in order to keep yourself and others safe.

While no situation is risk-free, there are easy and effective actions you can take to protect yourself and others around you. You can:

- wear a mask in public spaces
- continue to maintain good hygiene practices e.g. washing your hands regularly, sneezing into the crook of your arm etc.
- keep windows open when in a room with others
- stay at home if you have flu-like symptoms or test positive for COVID-19
- consider not attending events where you know there will be a lot of people if you are feeling unwell.

Many people will feel worried about returning to a more ‘normal’ life, which is completely natural and understandable. You may feel particularly anxious or scared about the fact that border controls are changing and you may fear COVID-19 ‘getting into the community’. It is ok to feel this way and the KEMH team is on hand to help and support you with these feelings. If you are struggling to cope and need to speak to someone, then please contact the KEMH on 28000. You might also want to consider looking at some online support, such as Every Mind Matters, <https://www.nhs.uk/every-mind-matters/coronavirus/mental-wellbeing-while-staying-at-home/>

### **3. Get vaccinated**

All eligible groups here in the Falklands have now been offered at least two doses of a COVID-19 vaccine and all eligible adults have also been offered a booster. **Vaccines are safe and effective, and getting yourself a full course of vaccination is the best way of protecting yourself and others against COVID-19.**

If you have not yet received two doses of a COVID-19 vaccine, we strongly recommend that you get vaccinated. Evidence indicates that two doses of a COVID-19 vaccine provides good protection against severe illness, including against the Omicron variant of the disease, but this protection declines slowly over time. Boosters also provide a high level of protection against Omicron, so you are advised to get a COVID-19 booster if you haven’t done so yet.

While vaccines, particularly booster doses, provide a high level of protection against severe disease, hospitalisation and death, it is still possible to get COVID-19 and to pass it to others. **We all need to do what we can to reduce the spread of COVID-19 to protect others and to reduce the risk of new variants.**

### **4. Let fresh air in if you meet indoors – meeting outdoors is safer**

When a person infected with COVID-19 coughs, talks, or breathes, they release droplets and aerosols which can be breathed in by another person. Meeting outdoors vastly reduces the risk of airborne transmission. However, if you are indoors, then you should ensure that you let fresh air inside to reduce the risk of catching or spreading COVID-19. This is particularly important before, during, and after meeting with people you do not live with.

### **5. Consider wearing a face covering (also see page 8)**

COVID-19 spreads through the air by droplets and aerosols that are exhaled from the nose and mouth of an infected person. While it is not a legal requirement to wear a face covering, public health advice suggests you might want to consider wearing one in crowded and enclosed spaces, especially where you come into contact with people you do not usually meet, particularly when infection rates are high. Masks are available on sale in most retail outlets in Stanley and will be available for anyone attending the KEMH.

## **6. Get tested and stay at home if you have symptoms**

**If you have any of the main symptoms of COVID-19 or a positive test result, the public health advice is to stay at home and avoid contact with other people.**

The main symptoms of COVID-19 are the recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)
- a sore throat
- diarrhoea, vomiting or muscle aches and pains.

If you have any of these symptoms you should contact the KEMH on 28000 to arrange to take a test – this will not only provide you with peace of mind, but will also help us to track possible spread of the disease. You are also advised to stay at home, avoid contact with other people, and follow the guidance for people with COVID-19 and their contacts, while you wait for your test result.

There are different tests you can get to check if you have COVID-19. The test you need depends on why you're getting tested. The two main tests are:

- PCR tests – mainly for people **with symptoms**, these are sent to the hospital lab to be checked
- Lateral Flow Device (LFD) tests – these are usually for people **who do not have symptoms**, they give a quick result using a device similar to a pregnancy test.

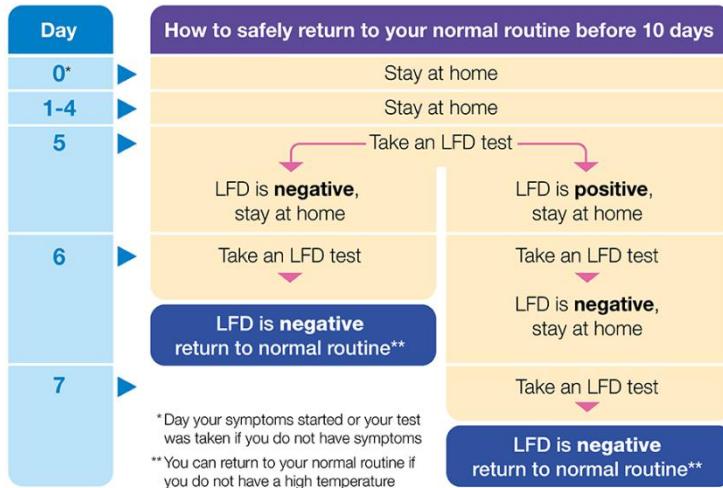
## **7. If you have COVID-19, stay at home and avoid contact with other people**

If you have COVID-19 you can infect other people from 2 days before your symptoms start, and for up to 10 days after. You can pass on the infection to others, even if you have mild symptoms or no symptoms at all. If you have COVID-19 you should therefore stay at home and avoid contact with other people; you should also follow this advice if you test positive, even if you do not have any symptoms.

You should:

- not attend work – if you can't work from home, please talk to your employer about your options
- ask family, friends or neighbours to get food and other essentials for you
- not invite social visitors into your home, including friends and family
- postpone all non-essential services and repairs that require a home visit
- cancel routine medical and dental appointments – if you are concerned about your health or you have been asked to attend an appointment in person then please discuss this with KEMH and let us know about your symptoms or your test result
- tell people who you have been in close contact with about your positive test result so that they can also follow this guidance.

Many people will no longer be infectious after 5 days. You may choose to take an LFD test from 5 days after your symptoms started (or the day your test was taken, if you did not have symptoms) followed by another LFD test the next day. If **both** test results are negative, and you do not have a high temperature, the risk that you are still infectious is much lower and you can safely return to your normal routine. If positive, report your result to the KEMH by emailing [surveillance@kemh.gov.fk](mailto:surveillance@kemh.gov.fk) or calling 28000.



If you are unsure what to do, please contact the KEMH on 28000.

## 8. If you have no other option but to leave your home

The most effective way to avoid passing on COVID-19 infection is to stay at home and avoid contact with other people. However, we understand that in some cases this is not always possible, but you should still try to follow the guidance as closely as possible. If you have COVID-19 and you really, really need to leave your home while you are still infectious – you should take the following steps to reduce the chance of passing on the infection to others:

- Wear a well-fitting face covering made with multiple layers, or a surgical face mask
- Avoid close contact with anyone you know who is at higher risk of becoming severely unwell, especially those with a severely weakened immune system
- Avoid crowded places and using taxis
- Avoid large social gatherings and events, or anywhere poorly ventilated, crowded, or enclosed
- Limit close contact with other people outside your household as much as possible – meet outside and try and stay at least 2 metres apart from them
- Take any exercise outdoors in places where you will not have contact with others
- Be especially careful with your hand and respiratory hygiene.

**Ultimately, we are all responsible for doing everything that we can to stop the spread of the disease – the best way to do this is to stay at home and away from other people.**

## 9. Stay at home if you're feeling unwell

If you feel unwell but do not have COVID-19 symptoms, or your test is negative, you may still have an illness which could be passed on to other people. Many common illnesses, like the flu, the common cold or diarrhoea and vomiting bugs, can quickly spread from one person to another. This can happen:

- when someone infected with an illness breathes, speaks, coughs or sneezes, releasing respiratory particles which can cause infection in another person
- through surfaces and belongings which can become contaminated when people who are infected with an illness cough or sneeze near them or if they touch them, then the next person to touch that surface may become infected.

**Staying at home until you feel better reduces the risk that you will pass on an illness to others in our community and will also help reduce the burden on our health services.**

## **10. Consider taking a test, even if you do not have symptoms**

Around 1 in 3 people with COVID-19 do not have any symptoms. This means they could be spreading the virus without knowing it. Lateral Flow Devices (LFDs) can be used to detect COVID-19 when you are infectious but are not displaying symptoms, helping you to make sure you do not spread the disease by avoiding contact with others, particularly those who are at higher risk.

LFDs are available at the KEMH and are free of charge; you may wish to take LFDs as a way to manage your personal risk and the risk to those around you. This may be particularly important before visiting people who are at higher risk of severe illness if they get COVID-19, e.g. the elderly, pregnant women, the unvaccinated, or those who have certain medical conditions or who are on certain medications that cause a weakened immune system.

If you receive a positive result, please report this to the KEMH by emailing [surveillance@kemh.gov.fk](mailto:surveillance@kemh.gov.fk) and stay at home and avoid contact with others. Certain places, such as the KEMH or Hillside House, will have their own specific testing rules and guidance, and you should make sure that you are aware of this guidance if you visit or work in these places – please call before visiting to find out.

## **11. Wash your hands regularly and cover coughs and sneezes**

During this time, you are advised to wash your hands with soap and water, or use hand sanitiser, regularly throughout the day. Regular hand washing is an effective way to reduce your risk of catching illnesses, including COVID-19. It is particularly important to wash your hands:

- after coughing, sneezing and blowing your nose
- before you eat or handle food
- after coming into contact with surfaces touched by many others, such as handles, handrails and light switches
- after coming into contact with shared areas such as kitchens and bathrooms
- when you return home.

Avoid touching your eyes, nose and mouth. If you do need to touch your face, for example, to put on or take off a face covering, wash or sanitise your hands before and after. Coughing and sneezing increases the number of droplets released by a person, the distance they travel and the time they stay in the air. Covering coughs and sneezes will help reduce the spread of particles carrying COVID-19 and other viruses.

## **12. Working from home**

People should talk to their employers to discuss what arrangements could be put in place in terms of your employment in the weeks ahead, as you may be advised to work from home if possible. It is also important that you understand your own personal risk in different settings and scenarios

- **If you were previously identified as clinically extremely vulnerable or high risk**

Following scientific clinical advice and the successful rollout of the COVID-19 vaccination programme, most people previously considered to be very high risk, or high risk, are not being advised to shield again. **If you were previously identified as being in a high-risk group, you should continue to follow this guidance in this booklet and take advice from the KEMH on whether additional precautions are right for you.**

- **If you are pregnant**

Pregnant women who are unvaccinated, or not fully vaccinated, are at higher risk of becoming severely ill and of experiencing a pre-term birth if they contract COVID-19. The UK's Joint Committee on Vaccination and Immunisation (JCVI) has advised that pregnant women should be included as a clinical risk group within the vaccination programme. **You are strongly recommended to get your COVID-19 vaccinations if you are pregnant or breastfeeding as soon as possible. You should not delay vaccination until after you have given birth.**

COVID-19 vaccines available in the UK have been shown to be effective and to have a good safety profile. Over 100,000 pregnant women have been vaccinated to date. It is very important to have your COVID-19 vaccinations to protect you and your baby, so please discuss any concerns with your midwife.

### **13. Face coverings**

- **What is a face covering?**

In the context of COVID-19, a face covering is something that safely covers the nose and mouth. Face coverings are primarily worn to protect others *because* they cover your nose and mouth, which are the main sources of emission of the virus that causes coronavirus infection. Equally, they can also provide some protection to the wearer, particularly in situations where they need to mix or interact with others.

- **What makes a good face covering?**

Face coverings work best if they are made with multiple layers (at least two and preferably three) and form a good fit around the nose and mouth. Scarves, bandanas or religious garments are likely to be less effective if they do not fit securely around the mouth and nose, and only have a single layer.

**Valved masks or those with vents are not recommended as they do not filter exhaled air, so do not provide the required level of protection.**

- **What is the difference between face coverings and face masks?**

Face coverings are not classified as personal protective equipment (PPE). Face masks are classified as PPE and are used in a limited number of settings to protect wearers against hazards and risks, such as surgical masks, or respirators used in medical and industrial settings.

- **When to wear a face covering**

There is no legal requirement to wear a face covering. However, public health advice suggests that you may want to consider wearing a face covering in crowded and enclosed spaces, where you may come into contact with people you do not normally meet. For example, customers, visitors or staff may choose to wear face coverings in any setting.

Face coverings and face masks will continue to be required in health and care settings to comply with infection prevention and control (IPC) guidance. This includes KEMH, GP clinics and community care settings, such as Hillside House, or during home visits. For the time being, they must also be worn by everyone accessing or visiting health and care settings; you will be asked to wear a face covering on entering these premises and must keep it on until you leave. In due course, advice will be released as to when this will no longer be necessary.



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## **How to look after yourself at home if you have COVID-19 or symptoms of COVID-19**

We all know that feeling of extreme fatigue that sets in when we're sick. This is a common symptom and a natural response to help boost your immune system and give your body the time it needs to heal. Feeling unwell with any viral illness is common, and it can take some time to recover.

Most people with COVID-19, or symptoms of COVID-19, feel better within a few days, or sometimes a week or so, and are able to look after themselves at home while they recover. The following pages contain guidance on how best to treat yourself at home and when you should consider seeking help.

While you're ill, ask a friend, family member or neighbour to check up on you. Arrange a regular telephone call, or talk through a doorway at a distance (not face to face), so that they can check how you're doing.

### **Important: Please do not go to the pharmacy**

If you have COVID-19 symptoms, we ask that you try to stay at home. If you need advice or medication from the pharmacy, please call 28065 or email [PharmacyOffice@kemh.gov.fk](mailto:PharmacyOffice@kemh.gov.fk)

### **Treating a high temperature, sore throat or aches**

If you have a high temperature, it can help to:

- get lots of rest
- drink plenty of fluids (water is best) to avoid dehydration – drink enough so that your pee is light yellow and clear
- take paracetamol or ibuprofen if you feel uncomfortable or achy.

Providing you have not been advised to avoid ibuprofen, it is safe to take for a COVID-19 infection. Ibuprofen can increase wheezing in people with asthma, and can cause acid indigestion in people prone to reflux, so if you are unsure if you should take it, please get advice from the clinical team at the KEMH by calling 28000.

### **Treating a cough**

If you have a cough, it's best to avoid lying on your back. Lie on your side or sit upright instead. To help ease a cough, try having a teaspoon of honey. However, please do not give honey to babies under 12 months old. If this does not help, you could try other over-the-counter cough or sore throat remedies. Please ask a friend or neighbour to buy them for you.

## **Best position for rest and recovery**

Sleeping on your stomach, or in the “prone” position, has been shown to help people with COVID-19 as it is believed that sleeping this way allows for better expansion of the back and lung regions, which can enhance the body's removal of fluid build-up in the lungs. This can lead to improved oxygen levels, faster healing and less discomfort.

The prone position can look a few different ways depending on your body type. Firstly, try lying on your stomach with your head turned to one side, on a pillow, and your arms tucked beneath your chest. You can also bring both arms out to the sides for shoulder comfort. You might want to place a pillow under your hips, abdomen or your shins for more comfort.

No matter what prone position you're in, you should turn your head the opposite direction every 30 minutes. You can also use a folded towel shaped like a horseshoe to keep your head face down if your neck hurts turned to one side.

### **Things to try if you're feeling breathless**

If you're feeling breathless, it can help to keep your room cool. Try turning the heating down or opening a window. Do not use a fan as it may spread the virus. You could also try:

- breathing slowly in through your nose and out through your mouth, with your lips together like you're gently blowing out a candle
- sitting upright in a chair
- relaxing your shoulders, so you're not hunched
- leaning forward slightly – support yourself by putting your hands on your knees or on something stable like a chair.

**Try not to panic if you're feeling breathless. This can make it worse.**

### **Get advice from the KEMH on 28000 if:**

- you're feeling gradually more unwell or more breathless
- you have difficulty breathing when you stand up or move around
- you feel very weak, achy or tired
- you're shaking or shivering
- you've lost your appetite
- you can't care for yourself – for example, washing and dressing or making food are too difficult
- you still feel unwell after 4 weeks – this may be what is known as 'long COVID'.

### **Call the KEMH A&E immediately on 28051 or call 999 if:**

- you're so breathless that you're unable to say short sentences when resting
- your breathing has got suddenly worse
- you cough up blood
- you feel cold and sweaty, with pale or blotchy skin
- you have a rash that looks like small bruises or bleeding under the skin and it does not fade when you roll a glass over it
- you collapse or faint
- you feel agitated, confused or very drowsy
- you've stopped peeing or are peeing much less than usual.

**When you call, please let us know you have COVID-19.**

### **Important: Pregnant women, Babies and children**

Call the KEMH on 28000 if you're worried about a pregnant woman, baby or child. If they seem very unwell, are getting worse, or you think something is seriously wrong, call 999 – **when you call please let us know if they have COVID-19. Do not delay getting help if you're worried; trust your instincts.**

### **If you have a pulse oximeter**

A pulse oximeter is a device that clips onto your finger to check the level of oxygen in your blood. Low levels of oxygen in your blood can be a sign you're getting more unwell. A pulse oximeter can help you spot this before you feel breathless or have any other symptoms, so that you can get help quickly.

You may be asked by the KEMH team to monitor your oxygen levels if you're at high risk of becoming seriously ill from COVID-19. If you're using a pulse oximeter at home, make sure it has a CE mark, UKCA mark or CE UKNI mark. This means the device will work properly and is perfectly safe if used correctly.

It's helpful to write down your readings, so you know what your oxygen level is when you first use the pulse oximeter and can spot if your level is going down. This can also help if you need to speak to one of the clinical team.

### **Important: if you have brown or black skin**

Pulse oximeters work by shining light through your skin to measure the level of oxygen in your blood.

There have been some reports suggesting that pulse oximeters may be less accurate if you have brown or black skin, as they may show readings higher than the actual level of oxygen in your blood.

You should still use your pulse oximeter if you have one. The important thing is to check your blood oxygen level regularly to see if your readings are going down.

### **What to do if your blood oxygen level drops**

<b>Blood oxygen level</b>	<b>What to do</b>
95 to 100	Stay at home and continue to check your blood oxygen level regularly, every 4-6 hours
93 or 94	Check your blood oxygen level again within an hour – <b>if it's still 93 or 94, call the KEMH on 28000 for advice</b>
92 or below	Check your blood oxygen level again straight away – <b>if it's still 92 or below, call KEMH A&amp;E on 28051 or 999 immediately</b>

If your blood oxygen level is usually below 95 but it drops below your normal level, call the KEMH on 28000 for advice.

**However, if you are feeling really unwell, it's important to get the care you need, so call the KEMH on 28000 if you are worried and struggling at home.**



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## **COVID-19: TEN POINTS FOR SELF-ISOLATION AT HOME**

If you have, or suspect you have, COVID-19, you are advised to self-isolate at home. By doing this you can take good care of yourself, while also protecting others from being exposed to the infection.

**Please call the KEMH on 28000 if you feel progressively unwell and or want further advice.**

### **1. Stay at home**

You, or the person you are caring for, should remain in your home, except for getting medical care (see points 3 and 8). We advise that you do not go to work or school, avoid public areas, and do not use taxis until you have been told that is safe to do so. You will need to ask for help if you require groceries, electricity cards, fuel, other shopping or medications. Don't forget, you can order by phone. The delivery instruction must state that items are to be left outside, or in the porch, or as appropriate for your home.

### **2. Separate yourself from other people in your home**

You should stay in a well-ventilated room with a window that can be opened to let fresh air in, separate from other people in your home. Keep the door to your room closed. Use a separate bathroom from the rest of the household, if available. If you have to share these facilities, regular cleaning will be required.

If a separate bathroom is not available, consider drawing up a bathroom rota for washing or bathing, with the isolated person using the facilities last, before thoroughly cleaning the bathroom themselves (if able or appropriate). Ensure the isolated person uses separate towels from other household members, both for drying themselves after bathing or showering, and for hand hygiene purposes.

If you live in shared accommodation with a communal kitchen, bathroom(s) and living area, you should stay in your room with the door closed, only coming out when necessary, and wearing a facemask when entering communal areas.

If you share a kitchen with others, try to avoid using it whilst others are present. If this is not possible then wear a facemask. Take your meals back to your room to eat. Use a dishwasher (if available) to clean and dry your used crockery and cutlery. If this is not possible, wash them by hand using detergent and warm water and dry them thoroughly, using a separate tea towel.

### **3. Call ahead before visiting the hospital**

All medical appointments should be discussed in advance by calling the KEMH first on 28000. This is so that the hospital can take steps to minimise your contact with others.

#### **4. Wear a facemask if advised to**

If you have COVID-19, or think you might have it, then we advise you to wear a mask when you are in the same room with other people and especially when you visit a healthcare provider.

#### **5. Cover your coughs and sneezes**

Cover your mouth and nose with a disposable tissue when you cough or sneeze. Dispose of tissues in a plastic waste bag (see section 10), and immediately wash your hands with soap and water for at least 20 seconds, then rinse and dry thoroughly. Carers should wash their hands, as well as helping the person they are caring for, following coughing or sneezing.

#### **6. Wash your hands**

Wash your hands or assist the person you are caring for in washing their hands. This should be done often and thoroughly with soap and water, for at least 20 seconds; then rinse and dry your hands thoroughly. Avoid touching your eyes, nose, and mouth with unwashed hands.

#### **7. Avoid sharing household items**

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home when you have used them (or after your child or the person you are caring for has used them). After using these items, wash them thoroughly with soap and water; dishwashers may be used to clean crockery and cutlery. Dirty laundry, bedding and towels should be placed in a plastic bag and washed separately on a hot cycle.

#### **8. Monitor your symptoms (or the symptoms of the person you are caring for, as appropriate)**

Seek prompt medical attention if your illness is getting worse, for example, if you have difficulty breathing, or if the person you are caring for has symptoms that are worsening. If it's not an emergency, you should call the hospital on 28000.

If it is an emergency situation, call an ambulance on 999. Inform the call handler that you have, or think you have, COVID-19.

#### **9. Do not have visitors in your home**

Only those who live in your home should be allowed to stay. Do not invite or allow visitors to enter. If you think there is an essential need for someone to visit, then discuss it with the hospital first. If you urgently need to speak to someone who is not a member of your household, please try to do this over the phone rather than face-to-face.

#### **10. Waste**

All waste that has been in contact with the somebody who has, or who is suspected of having COVID-19, including used tissues, and disposable 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, i.e. it should be double-bagged.

**THANK YOU FOR ACTING RESPONSIBLY AND KEEPING YOURSELF AND OTHERS SAFE!**

As we move through different phases of our response to COVID-19, our guidance will change. Our dedicated COVID-19 website: [www.falklands.gov.fk/covid-19](http://www.falklands.gov.fk/covid-19) will be regularly reviewed and updated.

If you have any specific questions that have not been answered in this booklet then please email [Surveillance@kemh.gov.fk](mailto:Surveillance@kemh.gov.fk) or call 28008

If you are unable to access the website, or require hard copies of documents, then please contact the Communications and Media Officer, Sally Heathman, on [communications.officer@sec.gov.fk](mailto:communications.officer@sec.gov.fk) or 28456.

