

As the Islands begin to relax our border restrictions, our national response must also adapt and respond to the realities of living with COVID-19 within our community, while continuing to safeguard our health system. The plan below shows how we intend to assess the overall COVID-19 risk, and how we expect to operate in accordance with that risk. It also sees each individual business/organisation take responsibility for their own business continuity plans and allows them the freedom to protect their assets, staff and customers in a manner which suits their requirements. Currently there are no specific requirements for businesses or organisations to follow, but the hospital and Chief Medical Officer remain available to provide Public Health guidance and support if needed. Despite the changes to our COVID-19 approach, some overall guiding principles remain unchanged:

- If you have COVID-19 symptoms, you are advised to self-isolate and contact the hospital **by phone** (+500 28000) for advice. If in doubt, self-test using a Lateral Flow Device, which you can get from a designated collection point (see website), free of charge
- The government will keep you regularly updated about the best ways to stay safe in the weeks/months ahead and will communicate the number of cases currently in the Islands, as it has done previously
- If the situation changes, the government's position may change from advising people to do things in a certain way (including supporting businesses) to directing you to behave differently; these directions will be part of the legal framework of the Falkland Islands, as before.

READING GUIDANCE – The detail outlined below contains the broad restrictions which **might** reasonably be considered by individuals, businesses and the government at each phase, in the event that we start to see an impact on our health system, but this will depend on the circumstances at the time.

Our health system is operating at 70-100% capacity *	Our health system is operating at 50-69% capacity *	Our health system is operating at 30-49% capacity *	Our health system is operating below 30% of capacity *
 <p>You can meet and mix with people freely. Level 1 contacts will not be requested to isolate (less for those who test positive) but should self-test regularly for a period of 10 days. Large public events can continue but people should conduct safe Public Health practices.</p>	 <p>You can continue to meet and mix with people freely and no one is asked to self-isolate (less for anyone who tests positive). Level 1 contacts may be advised to isolate for 5 days, and then self-test on day 6-10. Large public events can continue but people should conduct safe Public Health practices. People who are at an extremely high risk of severe consequences due to a COVID-19 infection could be asked to self-isolate. (This group is extremely small and have already been written to by CMO to advise them).</p>	 <p>You can continue to meet and mix with people; however, bubble interaction may be recommended. The wearing of face coverings and social distancing is recommended in all public spaces. People who test positive for COVID-19 and their Level 1 Contacts are requested to self-isolate.</p>	 <p>People who are at an increased risk of severe consequences due to a COVID-19 infection could be asked to self-isolate.</p>
 <p>General advice is to wear face coverings in enclosed public spaces and people are asked to consider other practices such as regular hand-washing and social distancing. Individual businesses and organisations must take responsibility for their own COVID-19 measures, in accordance with their continuity plans.</p>	 <p>Organisers of social gatherings are advised to help keep these as safe as possible, including requesting the wearing of face coverings and other risk mitigation measures such as Lateral Flow Device testing the morning before you attend an event.</p>	 <p>Social gatherings can continue, but numbers will likely be advised to be restricted (particularly if indoors). The wearing of face coverings, social distancing and Lateral Flow Device testing are all strongly recommended at all times ahead of/during an event.</p>	 <p>It is likely that regulations will limit public gatherings and restrict movement (subject to limited exceptions, such as travelling and gathering for work where that is essential). These measures may be imposed generally or in relation to particular areas</p>
 <p>All premises, including nurseries and childminders, should remain open and you can access local health services normally. However, there may still be some disruption to services across the public and private sector as a result of COVID-19 (or any other communicable illness – such as flu). It remains the responsibility of the individual business and organisations to manage their continuity plans.</p>	 <p>Nurseries and childminders should continue to operate as normal per their business continuity plans.</p>	 <p>Nurseries and childminders are being helped to stay open by the government in the safest possible way.</p>	 <p>Some premises and businesses will also likely have to close or be restricted. But some services and business are likely to be unaffected because they are considered essential (such as supermarkets, nurseries, the bank etc).</p>
 <p>Unrestricted travel for airlines and cruise vessels. There are no restrictions on numbers or types of visitors to the Islands. Local transport services such as the ferry and Falkland Islands Government Air Service operate as usual.</p>		 <p>People are still able to come to the Falkland Islands from overseas, but those who do arrive must undertake a period of quarantine, which will be a legal requirement. Equivalent restrictions may be put in place to limit cruise vessel visits.</p>	 <p>Only a limited number of people are able to come to the Falkland Islands from overseas (residents and essential workers). Quarantine arrangements will be kept under review. Cruise Vessel visits will be very limited or potentially cease.</p>
 <p>No quarantine upon arrival. Only those who test positive are advised to enter a period of self-isolation. If you are not in isolation, you can travel freely around the Falkland Islands.</p>		 <p>Movement to and around the Islands may be restricted in order to reduce the risk of COVID-19 spreading. This will be decided by ExCo and implemented through regulations.</p>	 <p>Additional regulations may be needed – this might be done through a Proclamation of Emergency.</p>
<p>What 70-100% health system operating capacity might look like:</p> <p>No more than 1 x ventilated patient, plus 8 x ward patients who require some additional levels of oxygenated support. Or;</p> <p>No more than 3-4 generalist nursing staff plus 1 x ITU experienced nurse, unable to work. Or;</p> <p>Something else of similar impact.</p>	<p>What 50-69% health system operating capacity might look like:</p> <p>No more than 1 x ventilated patient, plus 15 x ward patients who require some additional levels of oxygenated support. Or;</p> <p>No more than 6-7 generalist nursing staff plus 2 x ITU experienced nurses, unable to work. Or;</p> <p>Something else of similar impact.</p>	<p>What 30-49% health system operating capacity might look like:</p> <p>No more than 2 x ventilated patients, plus 22 x ward patients who require some additional levels of oxygenated support. Or;</p> <p>No more than 8-9 generalist nursing staff plus 2-3 x ITU experienced nurses plus respiratory doctor, unable to work. Or;</p> <p>Something else of similar impact.</p>	<p>What <30% health system operating capacity might look like:</p> <p>Anything which exceeds these descriptions. Or;</p> <p>A significant new uncontrollable and deadly variant is discovered globally. Or;</p> <p>Our health system is overwhelmed by another Major Medical Event /incident which will reduce services for a protracted period of time.</p>

