

Living With COVID-19

Public Health Guidance

July 2022



Ascension Island Government

Contents

COVID-19 in 2022.....	3
Key points to understand	3
Catching or passing on COVID-19	3
Keeping yourself and others safe	4
Get vaccinated	4
Ventilation	5
Consider wearing a face covering.....	5
What is a face covering?.....	5
What makes a good face covering?	5
What is the difference between face coverings and face masks?.....	5
When to wear a face covering.....	6
Wash your hands regularly and cover coughs and sneezes	6
Monitor yourself for signs of infection	6
If you are pregnant	7
Persons previously identified as “high-risk”	7
Developing symptoms and / or testing positive.....	7
If you have symptoms.....	8
If you test negative	8
Stay at home if you're feeling unwell	8
If you test positive.....	9
Contact your employer, family and friends	9
Preventing onward infection	9
If you share a home or dwelling with other people.....	10
If you have no other option but to leave your home.....	10
Working from home.....	11
If you are otherwise well and are a critical worker	11
If you were previously identified as clinically extremely vulnerable or high risk.....	11
Ending your self-isolation	11
If you have a positive test result in your household / shared accommodation	13
I've tested positive and I live with other people	13
I live with someone else that has tested positive for COVID-19.....	13
Two Boats School	13
TBS – Frequently Asked Questions	13
Appendix A – Useful Contact Details.....	16
Appendix B – Frequently Asked Questions	17

COVID-19 in 2022

As we start to move forward out of the acute “pandemic” stage of COVID-19, we must begin to plan how we will successfully live with the virus here on Ascension. Since COVID-19 emerged, Ascension has been highly successful in keeping the community free of infection.

To date all recorded cases in Ascension have been successfully contained to those observing quarantine protocols following their arrival. Of these, all have been only mildly ill or asymptomatic.

Thanks to widespread vaccination and improvements in treatments for those with COVID-19, the dire situation facing us all in 2020 no longer exists. As such, we must now prepare to accept the inevitable fact of COVID-19 within our community.

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. From 31 July, arrivals will no longer be made to quarantine, and therefore we can expect to see COVID-19 cases within the community itself.

For Ascension, the priority over the next six months will be to ensure that critical services are fully maintained in the face of COVID-19, that the spread of the virus can be managed so as to avoid high absenteeism from work, and that individuals are empowered to take the necessary steps to protect and care for themselves, their families and their colleagues.

Authorities have been working with experts in the UK and partner governments in other Overseas Territories to assess the impact of removing quarantine and managing COVID-19 as a community illness. AIG is grateful in particular to health authorities in the Falkland Islands who have shared their own experiences and provided examples of their own public health guidance materials.

Key points to understand

Although you may have been fully vaccinated, it is still possible to catch and spread COVID-19 to others. This may happen even if you have very mild symptoms or no symptoms at all. In Ascension, once we detect COVID-19 within our community, our focus of attention will be on those with symptoms, as these are the people most likely to infect others.

If you have any of the main symptoms of COVID-19 or receive a positive test result, then you are advised to stay at home and avoid contact with other 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.

The following 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.

Catching or passing on COVID-19

Like other virus such as the common cold or the flu, 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. Whilst this is most likely to occur for people in close contact, infection can also take place where people have not had close contact, especially if you're in a crowded and / or poorly ventilated spaces.

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.

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.

Keeping yourself and others safe

Following the planned relaxation of entry quarantine requirements at the end of July we can expect to see COVID-19 cases within our community, 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 Georgetown Hospital 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 Georgetown Hospital on 66252. You might also want to consider looking at some online support, such as Every Mind Matters, through www.nhs.uk/every-mind-matters/coronavirus/mental-wellbeing-while-staying-at-home/.

Get vaccinated

All eligible groups have now been offered at least two doses of a COVID-19 vaccine and all eligible adults have also been offered a booster. **A second booster (or fourth jab) has also been offered to all adults, so do be sure to speak with your HR about attending getting this extra dose of vaccine if you have not already.**

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.

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.

Ventilation

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.

Consider wearing a face covering

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, you are advised to consider wearing one in crowded and enclosed spaces, especially where you come into contact with people you do not usually meet with, and particularly when infection rates are high. Masks will be made available either through employers or from our retail outlets on island.

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, it is suggested 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 indoor setting or when in close contact with others.

Face masks will likely continue to be used in health care settings (hospital and clinics) to comply with that location's infection prevention and control (IPC) measures. For the time being, they should also be worn by everyone accessing or visiting healthcare facilities (Georgetown Hospital and the military base medical clinics). You will be asked to wear a face mask on entering these premises and should keep it on until you leave. In due course, advice will be released as to when this will no longer be necessary.

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 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.

Monitor yourself for signs of infection

COVID-19 is a highly contagious disease. Even when you take steps to avoid infection you can still pick it up from others who may or may not be showing symptoms.

Symptoms can take many forms and different people will experience COVID-19 infection in different ways. When infected some people may develop one or more of the following symptoms, or may even develop none:

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

It is important that people remain mindful of their own health and if they think they have symptoms consistent with those listed above, following the process for arranging a test detailed in this document.

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.

Persons previously identified as “high-risk”

Once the current rigid COVID-19 specific entry control process is adapted from 31 July, it is inevitable that we will 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.

At the beginning of the pandemic you may have received a letter identifying you as someone who was clinically vulnerable or high-risk to developing a serious COVID-19 illness were you to be infected, and you may have been advised to shield during the early stages of the pandemic, back in early 2020.

Whilst you may still be at some increased risk from COVID-19, most people who were previously identified as high-risk are now well protected, having received their primary and booster vaccination doses. This series of vaccines have been so effective in preventing severe disease or death that most people who were identified on Ascension as high-risk in 2020 are no longer at significantly greater risk than anybody else in the general population. This means that you are advised to follow the same guidance as everyone else on staying safe and preventing the spread of COVID-19.

However, as a general principle, anyone with an underlying health condition should take care to avoid routine coughs, colds and other respiratory viruses, as well as COVID-19. Good hand hygiene, masking in public spaces (indoors) 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.

If you remain concerned, or if you have issues or worries about your physical or mental health, please contact Georgetown hospital or the SMO at bill.hardy@ascension.gov.ac.

Developing symptoms and / or testing positive

Following the removal of quarantine we will begin to see COVID-19 infection in the community. It is up to each individual to monitor their own health for signs of potential

infection. If you have symptoms consistent with those described earlier in this guidance, then you should observe the following procedures.

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
- a sore throat
- diarrhoea or vomiting
- muscle aches and pains

If you have any of these symptoms you should contact your relevant medical service by telephone to arrange a test. These are:

62224 – USAF medical clinic

66310 – RAF medical centre

66252 – Georgetown Hospital

This will not only provide you with peace of mind, but will also help us to track possible spread of the disease.

Whilst awaiting your test 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. Even if your result is negative, if you have symptoms consistent with COVID-19 and are feeling unwell, you may need to be tested again, so it is important to follow the advice given to you by medical staff when you undergo testing.

It is imperative that you contact your employer to inform them of your absence and to make arrangements, if necessary, to return to work when you are well enough.

If you test negative

After you've been tested you should go home and await your result. Medical staff will then contact you.

If you test negative by lateral flow then you may have an illness that has similar symptoms to COVID-19 (such as a cold), or you may be in the early stages of a COVID-19 infection which has not yet registered by testing.

If you feel otherwise well enough then you can continue going to work but you should consider wearing a mask when out in public, such as when around others or at work. If you still feel ill 48 hours later then you should contact your relevant medical authority to arrange another test.

Stay at home if you're feeling unwell

If you feel unwell but your test is negative, you may still have an illness which could be passed on to other people, be it COVID-19 or something else. 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.

If you feel very unwell you should consider staying at home as you would with other illness until you feel better.

This 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 at a time when COVID-19 infections will also be high. Employees should discuss this with their employers, and may arrange to work in isolation if necessary, provided they are well enough to do so.

If you feel too unwell to work and do stay at home, you should monitor own health and observe basic public health measures (wash hands, social distance, mask, etc.). If after 48 hours, you are still too unwell to work, you should take a home lateral flow test (LFT). If this is negative and you still feel unwell 24 hours later, you should take another LFT. If this result is again negative and you remain unwell, you should call your relevant medical provider (RAF medical centre, USAF medical centre or Georgetown Hospital) to speak to a healthcare worker. They may ask that you present yourself to them for another test, or discuss your illness with you.

If you test positive

After you've been tested you should go home and await your result. Medical staff will then contact you.

If you have tested positive for COVID-19, stay at home and avoid contact with other people.

Contact your employer, family and friends

You will need to contact your employer to inform them of your result, and you should also let family and friends know too.

Preventing onward infection

If you have COVID-19 you can infect other people from two 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.

Wearing a well-fitting good quality mask at home and in public spaces has been shown to significantly reduce this risk. If you have COVID-19 you should (unless otherwise agreed with your employer) 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 Georgetown Hospital and let us know about your symptoms

If you share a home or dwelling with other people

Only those that have tested positive should self-isolate. If you live with someone else who has not tested positive, they do not need to self-isolate, but you should take steps to help reduce the chance of passing on an infection to them.

Not everyone will be able to isolate alone, either in their own house or their own room if they live in a communal building. Certain facilities, whether that is kitchens or bathrooms, will remain shared spaces with other people.

If this is the case, then you should take steps much like you might do if you had a similarly infectious illness, such as a cold or the flu.

Observing the following measures can help reduce the chances of passing your infection on to others:

- Where possible, try to avoid spending too much time in the same room, or enclosed space, with others
- Ventilate rooms well when indoors
- If in a communal space, wear a mask or face covering
- Clean surfaces or equipment that you come into contact with after you have used them
- Collect and dispose of any of your waste products yourself (such as used tissues)

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 public transport
- Avoid 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 two 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 whilst you are infectious.

Working from home

If you test positive but feel otherwise well, you may be able to work from home whilst self-isolating.

You should talk to their employers to discuss what arrangements could be put in place to facilitate this if possible.

If you are otherwise well and are a critical worker

Whilst positive persons will be expected to self-isolate to help slow the spread of the virus in the community, there may be instances where despite being positive, you are otherwise well enough to work (much like if someone had a cold).

If the number of staff that can deliver a critical task is extremely limited, firms may implement measures in a risk assessed work environment that would enable a positive (but otherwise well) critical member of staff coming in to work to deliver that function. This will likely entail working alone, in isolated areas, or with a very limited number of colleagues in a risk assessed way. During all times outside of your house you should follow the guidance in this document regarding masking and limiting interaction with others.

If you think you may be someone that delivers a critical task, you should speak to your employer about what contingency measures they have in place to help positive but otherwise well people still go into work in certain circumstances.

At all times other than being in work to deliver that critical function, the positive person in question will be expected to self-isolate at home in line with the guidance in this document.

Anyone that does not feel well enough to work should remain at home and self-isolate until they are feeling well again.

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 Georgetown Hospital on whether additional precautions are right for you.

Ending your self-isolation

Many people will no longer be infectious after five days, but some can remain infectious for up to 10 days.

If after five days following onset of symptoms or a positive test you feel well again, you can end your period of self-isolation. You should however consider still wearing a mask and practise good hand hygiene for several days afterwards.

If after five days you are still feeling unwell due to symptoms of COVID-19 infection, you should take a lateral flow test (LFT) and repeat this every 48 hours if you continue to test positive. You can end your isolation at any point during this time if you test negative, feel well, are no longer symptomatic or reach day 10 of your period of self-isolation.

The process to be followed is shown in the below flow chart:



If you are unsure what to do then you should call Georgetown Hospital on 66252 for advice.

If you have a positive test result in your household / shared accommodation

It can be expected that at some point either yourself or a person you live with will catch COVID-19.

Intra-household transmission can happen in up to 50% of homes / accommodation, so you should be aware of certain steps you can take to help reduce this risk.

I've tested positive and I live with other people

If you become infected with COVID-19 you should follow the guidance detailed earlier in this document to help reduce the chances of passing on COVID-19 to those you live with.

I live with someone else that has tested positive for COVID-19

If you live with someone that has tested positive, it can be difficult to avoid close contact with that person. This is especially true of a partner or a child, but there are some general principles which you should try to observe:

- Limit indoor interaction with them whilst they remain positive
- Keep indoor spaces well ventilated
- Wipe down surfaces that they may have recently touched
- Try to avoid touching waste products that they may have used (such as tissues)
- If you live in a communal building and share communal areas, try to clean equipment and surfaces before and after use

Given the close proximity people are naturally in when they share a home, inter-household transmission can take place in around 50% of cases, but taking the above modest steps will help to reduce this.

If you live in the same household, or communal building, as someone that has tested positive, you should monitor your own health for signs of infection. If you think are developing symptoms of COVID-19 infection then you should follow the guidance detailed in this document.

Two Boats School

Two Boats School (TBS) has developed these guidelines and operating practices in line with the 'living with COVID' guidance set out by AIG. The steps we are taking in school are not designed to stop the spread of COVID, but to slow it down, in order to ensure vital island services and operations can continue. TBS is committed to playing its role in ensuring the island can continue to operate effectively and will always strive to remain open, providing staffing levels are sufficient to keep your child safe.

We understand these are anxious times and if you have any questions around the measures we are taking, Mrs Maggott and Mr Higgins are more than happy to answer these. You can arrange an appointment or telephone call by contacting the school office.

TBS – Frequently Asked Questions

What happens if my child shows symptoms in school time?

Your child will be directed to isolate in pastoral room under the supervision of a member of staff. We will then contact you to collect your child. You will then need to arrange for your child to be tested. Depending on the result of your child's test, your child can return to school once COVID is excluded (in that the hospital has advised that they can return).

What happens if my child shows symptoms at home?

If your child begins to show symptoms at home, please arrange a test for them. If COVID is excluded, your child can return to school. If the test is positive, please see below.

What happens if my child tests positive?

Follow the guidance provided by the hospital and in this document. This is likely to mean a minimum of five days self-isolation (however this may be longer).

What happens if me (parent / carer), or anybody in my household tests positive? Can my child still come to school?

Non-symptomatic children can come to school if they have not tested positive themselves. Please try to distance at home. If your child shows symptoms in school, they will be sent home. Please see above.

What happens if a member of staff starts to show symptoms at school?

The member of staff will be sent home immediately and will be directed to arrange a test. Once COVID-19 is excluded, they will be able to return to work. If the test result is positive, we will direct them to follow the hospital's advice around self-isolation.

What happens if a teacher starts to show symptoms at home?

The member of staff will be directed to arrange a test. Once COVID is excluded they will be able to return to work. If the test is positive, we will direct them to follow the hospital's advice around self-isolation.

What happens if my child's class teacher or other child in their class tests positive? Does my child have to isolate?

Non-symptomatic children and teachers can come to school. Positive children/teachers will need to isolate. Classes may need to be put together to ensure school can remain open.

What happens if the teacher in my child's class lives with somebody who tests positive? Will they still come to school?

Non-symptomatic teachers can come to school even if they live with somebody who has tested positive for COVID. If teacher begins to show symptoms, they will be sent home and the steps above will be followed.

Will my child have to wear a face mask to school?

No, unless they choose to. However, if a child does choose to wear a face mask, it MUST be worn and stored correctly.

Will the teachers be wearing masks?

The wearing of face coverings is not compulsory. However, if teachers wish, they can wear face masks when in close proximity to children (e.g. when giving feedback or marking their

books). If a teacher is a known contact of somebody who is either symptomatic or asymptomatic (e.g. somebody they live with), we will encourage them to wear a mask when in school.

Will there be any social distancing measures in school?

Children in KS2 and the senior school will have individual desks and equipment. Children will continue to socialise in separate playgrounds. Social distancing is almost impossible with our younger EYFS and KS1 children. Children will be reminded where possible to keep a social distance when moving through corridors and at break and lunch times.

Will you be taking children's temperatures in school?

No.

Will there be any other precautions put in place in school?

Regular hand sanitising and table wiping after lessons will take place along with the other measures mentioned above.

Will school close if there is a positive case of COVID-19?

Our aim is to keep the school open in order to help the island maintain its core operations. However, if staffing falls below safe limits. We may need to collapse classes and also may have to close until we can restore a safe ratio of staff to children.

What will happen if my child's teacher(s) is absent with COVID-19?

If your child's teacher(s) is/are absent, we will endeavour to cover classes with the remaining staff. This may mean that classes will need to be combined. In the event that the majority of staff are absent at the same time, we may need to close the school – However, this will always be a last resort.

Appendix A – Useful Contact Details

General	
BOSH	66123
Hospital	66252 / 999
Police	66412 / 999
Post Office	66583
Senior Medical Officer	66303
Two Boats School	64432
AIG	
Environmental Health	66405
Finance	67000 ext. 115
HR	67000 ext. 150
Repairs and Maintenance / Help Desk	66116
Shipping	66244
Stores	66561
Ascension Island Base (RAF)	
Medical centre	63310 / 63311
NAAFI Shop	63351
Fire	63333 / 999
RAF Police	63420
Encompass	
General Office	66800 ext. 100 / 101
Power Station Control Room	66800 ext. 200
Transmitting Station Duty Room	66800 ext. 407
Sure	
Customer Services	111 / 66783
USAF Base	
Base Security Office	62222
Fire Station	62266 / 911
Medical Clinic	62224 / 62326

Appendix B – Frequently Asked Questions

How do I keep myself safe?

COVID-19 is known to be very contagious and even with measures to protect yourself it can still be spread. If you wish to wear a mask in public spaces, practise social distancing and ensure that you wash or sanitise your hands regularly this may mitigate your risks.

What is the procedure if needing a test for suspected COVID-19, will testing be done at home or at the hospital?

Whilst testing will be offered widely, testing will only be applied to persons that display symptoms consistent with COVID-19. This is because the risk of transmission is most pronounced in symptomatic persons. It is therefore reasonable to target testing at those who pose the greatest risk of significant onward transmission.

Anyone who develops symptoms consistent with COVID-19 will need to contact medical authorities and arrange to present themselves to Georgetown Hospital (or a base medical clinic if their employment is related to either the USAF or RAF operations) at an allotted time. Once there, a healthcare worker will test that person.

If the result of the test is positive, that person will be expected to isolate. They will be provided with a supply of lateral flow tests (LFTs) for use in self-testing not earlier than the fifth day (96-120 hours) of isolation.

If I test positive can I leave the house?

The advice for all persons is to remain in isolation for at least five days, this means staying in your house or room for the whole time. Please ask friends or your employer to bring and shopping or supplies that you need to you. There may be some people whose employers have identified as key workers and can go to work in this isolation period if they feel well enough, they should ensure that they wear masks at all times, practise social distancing and hand hygiene and wherever possible rooms should be well ventilated. People in your household do not need to isolate but are advised to wear a mask and practise hand hygiene measures, they should arrange a test if they experience any symptoms.

Will the procedures be the same as for quarantine if I need to isolate following a positive test and food etc. is needed?

Although there will be no legal requirement to isolate, anyone that tests positive will be expected to isolate for at least five days, or until they test negative. This will help to slow the spread of the virus through the community and ensure that critical services can continue to operate.

Everyone is therefore encouraged to consider what they can do now to make sure they are ready in case this happens to them. You should consider whether you have some basic store cupboard supplies at home and some simple but effective medicines such as paracetamol and ibuprofen in case you feel unwell.

Individuals are also encouraged to speak to family and friends about providing some basic support whilst people are in isolation, either for you or them. Alternatively, discuss with your employer what measures they might have in place to help support you through isolation as needed. AIG will be able to provide some limited support through your directorate / HR, but ideally we would expect most people to be able to arrange support for themselves.

Can I still book a doctor appointment as normal?

At all times there will be an emergency service provided. During the busiest time the routine GP and dental clinics may be affected and only emergency or telephone consultations may be in place but this will only be a temporary measure. Any persons requiring admission will be treated as usual.

If you believe you have Covid-19 symptoms please do not come to the hospital, if you wish to request a test then call the appropriate number and you will be given a test date and time.

How do I look after myself if I test positive?

It is usual for patients to have a variety of symptoms for a few days most people will recover quickly with simple measures.

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

- Get lots of rest, avoid strenuous exercise but gentle movements and walking will help with your circulation
- Drink plenty of fluids (water is best) to avoid dehydration – drink enough so that your urine is light yellow and clear
- Take paracetamol or ibuprofen if you feel uncomfortable or achy

Things to try if you're feeling breathless:

- Breathing slowly in through your nose and out through your mouth, with your lips together like you're gently blowing out a candle. Try not to panic if you're feeling breathless. This can make it worse.
- 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

How many can the hospital handle at one time if persons are requiring serious medical treatment?

The hospital is able to accommodate at least eight patients in the normal wards with provision for an additional two in a specific isolation ward. The hospital is also preparing another facility in case there is need for spill over bed capacity.

Whilst the evidence from the Falklands indicated it is extremely unlikely this will be needed (nobody has been admitted to hospital since they opened up), AIG is making practical preparations nonetheless. It is more likely that home care with monitoring for medical staff will be the norm given the expected levels of mild to moderate sickness in symptomatic individuals.

If the capacity for ventilator's is six and you have more than six persons needing the ventilator, who prioritises who gets to be put on ventilators?

For a vaccinated person, the chances of needing ventilation are very low. Unlike in March 2020, most people are now vaccinated, a further booster is currently being offered and the Hospital has therapeutic medicines it can give people to help prevent them becoming seriously unwell. Additionally, since September 2020 Georgetown Hospital has had an industrial oxygen generating machine at its disposal as well as a number of smaller portable oxygen machines.

The Hospital has two ventilators and six oxygen concentrators (supported by the oxygen generation plant) to provide essentially unlimited oxygen to anyone that needs it. In addition

they have six continuous positive airway pressure (CPAP) machines (these are the primary means of treating severe COVID-19), and AIG expects to take delivery of several more of these from the UK government shortly.

As with any situation where there are multiple patients requiring treatment, each case will be prioritised on its own merit based on clinical need.

Given the circumstances the hospital is confident that the availability of oxygen will be more than sufficient for the likely demand, if any.