



Coronavirus advice

What you need to know about coronavirus (COVID-19)



Health

The Government of Jersey recognises that the coronavirus situation may be worrying. In over 80% of cases, infection with the virus is mild.

Unlike flu, current indications are that individuals who are showing no symptoms (asymptomatic) are unlikely to be contagious.

There are simple steps that you can take to ensure that you – and the Island – are well-prepared to limit the spread of the virus.

Good hand hygiene (washing your hands for at least 20 seconds and then drying them well) and good respiratory hygiene (using tissues) are key to helping reduce the spread of coronavirus. Keep all surfaces clean and avoid touching your face with unwashed hands.

If you think you might have symptoms of coronavirus, it is really important that you **do not** go to the Emergency Department or your GP unannounced.

If you are worried you may have the symptoms of coronavirus, please call our helpline on 01534 445566. It is open every day from 8am - 8pm, and if it is busy or closed, you can leave a message for the team and someone will call you back.

If you are very unwell and need an ambulance, call 999 and tell them your symptoms and travel history.



Travel

You may be required to self-isolate if you have recently travelled from from certain countries (called Category 1 countries), or self-isolate if you have arrived from other countries and develop flu-like symptoms (called Category 2 countries).

An up-to-date list of Category 1 and 2 countries, as well as information about self-isolating, can be found on our website at: gov.je/coronavirus.



Latest information

We are publishing the latest updates on Jersey's response to coronavirus, including information to help businesses prepare, on our dedicated web pages, at: **gov.je/coronavirus** and Government of Jersey social media channels.



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Coronavirus advice



Wash your hands thoroughly for 20 seconds with soap and water, or use an alcohol hand sanitiser, regularly throughout the day. Don't forget to rub hands palm to palm, lather the backs of your hands, clean your thumbs, wash fingernails and fingertips.



Avoid touching your eyes, nose or mouth with unwashed hands. It is possible to become infected by touching a surface or hand of an infected person, and then touching your own eyes, nose or mouth. For example, touching door knobs or shaking hands, then touching your own face.



Catch your cough or sneeze in a tissue, bin it and wash your hands. Coughs or sneezes containing the virus are most likely the main means of transmission.



Clean and disinfect frequently touched objects and surfaces. Objects and surfaces that are frequently cleaned help to reduce the spread of infection.



Advice for businesses

The Government of Jersey and the Jersey Resilience Forum recommend that all organisations adopt robust and flexible business continuity management arrangements, which will help ensure that the impact of disruptions caused by coronavirus will be minimised.

To assist you in developing and reviewing plans, we have produced a checklist. It identifies important activities and guidance to help employers and businesses provide advice to staff.

More information for businesses can be found at: [gov.je/coronavirus](https://www.gov.je/coronavirus)



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Information is correct at the date of publication (10 March 2020).

Up-to-date information on coronavirus, and any urgent notices, will be available at: [gov.je/coronavirus](https://www.gov.je/coronavirus).



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