



Keeping our community safe Chief Medical Officer's instructions

Welcome to the Falkland Islands. As you might already know, we have been extremely fortunate during the COVID-19 pandemic as, due to both the careful and considerate behaviour of our entire population, as well as a successful vaccination programme, we have been able to protect our people from serious illness.

Since 4 May 2022, we have relaxed our COVID-19 measures and there is now no longer a legal requirement to enter a period of quarantine on arrival in the Islands. However, this doesn't mean that we live in a risk-free environment.

To continue to protect our community, we ask that you undertake two self-test swabs following your arrival in the Islands. You have been given two single-use Lateral Flow Devices (LFD), which come with a set of instructions. We would like you to test yourself **before** you leave your accommodation on the **second** and **fifth** day after your arrival. For example, if you arrive on a Monday, please take your swabs on Wednesday and Saturday mornings. If you arrived on a Thursday, please take your swabs on Saturday and Tuesday mornings.

The reason we ask you to do this is so that we can keep track of any changes to COVID-19 levels in the community. If you test positive, **please stay at home**, and contact the hospital to let our staff know of your positive result, either by calling 28000 or emailing surveillance@kemh.gov.fk.

MPA personnel should contact the Environmental Health Practitioner on 62015 or email BFSAI-EnvironmentalHealth@mod.gov.uk). There is no need to contact the hospital if you test negative.

During your time in the Islands, we would encourage you to undertake regular self-testing for COVID-19, particularly if you are feeling unwell or have been in contact with someone else displaying symptoms of a cold or flu-like illness. If you test positive, please let the hospital know, and stay away from others, ideally for at least five days.

If you require more LFD test kits, please contact the hospital; kits are free of charge and are our best method of keeping track of COVID-19. Equally, if you have any concerns or need further advice, then hospital staff are more than happy to assist. The only way we can continue to protect people from becoming seriously unwell is through the vigilance of everyone in the Falkland Islands.

Thank you, very much, for playing your part in helping to keep our community safe.

Dr Rebecca Edwards

Chief Medical Officer