



KEEP DOING THE RIGHT THING

Your handy guide to living with COVID-19

As we move into a new phase of COVID-19, we are all adjusting to living responsibly with the virus and managing the risks posed to ourselves and others.

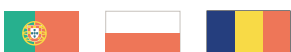
We have come together as an Island to achieve remarkable things over the past two years, and with every step of progress we make, the ask of Islanders has become much smaller.

This guide sets out the small steps you can keep doing to mitigate future risks and ensure we keep moving forward together.



Alertéthie Jèrriaise du Covid

Information in this leaflet is correct at the time of publication. Visit: gov.je/coronavirus



Translations available: gov.je/translate



Also available in easy read and accessible formats



Keep getting vaccinated

Getting yourself and your family vaccinated against COVID-19 is the best step you can take to reduce the impact of COVID-19 on our lives.

Staying up to date with your vaccinations means that your immunity against the virus is at its best. This works to prevent you from catching COVID-19 or being unwell with the virus if you do catch it.

Vaccination for children

Children aged 5 and above are being offered COVID-19 vaccinations following the recommendation by the Joint Committee on Vaccination and Immunisation (JCVI).

Parental consent is mandatory for all children aged below 16.

For more information about vaccination for children including interval times between doses, how long you need to wait after a positive PCR, or how many doses your child should receive, visit: gov.je/vax

Vaccination for adults

Adults (16+) should stay up to date with their vaccination schedule, as recommended by the JCVI, by getting their full course of primary doses (first and second doses) and any booster doses they are eligible for.

Booster doses (for most people, this is a third dose) of the vaccine are available to all Islanders aged 16 and over. It is important to still attend for your booster dose even if you have had a recent COVID-19 infection. Details of how long you should wait to get your vaccine after testing positive with COVID-19 can be found at gov.je/vaccine.

Islanders who are not up to date with their COVID vaccination schedule, are asked to please come forward. Your vaccine is waiting for you.



COVID RECOVERY

Long COVID

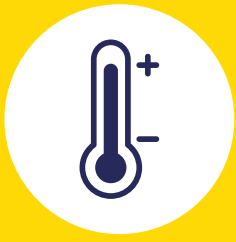
For some Islanders, symptoms due to COVID-19 can continue for more than 12 weeks after infection and may interfere with their day-to-day lives.

This is known as Post COVID-19 Syndrome (also known as Long COVID) and we have set up clinics and pathways to support those Islanders.

If you believe you have Post COVID-19 Syndrome, speak to your GP or health professional about making a referral.

COVID Recovery Programmes

We have put plans in place to support our COVID-19 health and social recovery. Multiple initiatives are being rolled out in the community, particularly in areas of education, health, and environment.



Keep being aware of symptoms

We have all become used to recognising common symptoms of COVID-19, so it is important we keep doing the right thing by staying at home and booking a PCR test if we have any one of the symptoms listed below which can't be explained by another reason:

- blocked or runny nose or sneezing
- feeling tired or exhausted
- sore throat
- headache or dizziness
- new, continuous cough
- high temperature or shivering (chills)
- shortness of breath
- aching body
- loss or change to your sense of smell or taste
- loss of appetite
- diarrhoea
- feeling sick or being sick.



Keep testing

Taking a Lateral Flow Test (LFT) helps to make sure you're not unknowingly spreading COVID-19 to others around you.

Even if you feel fine, it's a good idea for all Islanders of nursery age and above to test at least twice a week. This is particularly important before attending school or nursery, visiting friends or family, or going to a high risk setting such as the hospital or a care home.

If you know you've been in contact with someone with COVID-19, you are recommended to do daily LFTs for 10 days to check whether the virus has been passed on to you.

Anyone can register to get a free box of LFTs delivered to their home.

You should book a PCR test when you have symptoms of COVID-19 or if you have received a positive LFT result. PCR tests are the best way to confirm whether you have COVID-19. If you receive a positive LFT or PCR test, you should isolate away from others.



Keep isolating

Isolating when you have COVID-19 or may have COVID-19 is really important to avoid spreading the virus to others. While we are no longer required to isolate by law, there are still occasions where we should isolate and stay at home. This includes when you:

- have symptoms of COVID-19 pending a PCR test
- have a positive LFT test result
- have a positive PCR test result
- are waiting for your PCR test results.

If you've received a **positive LFT** result: You should stay at home away from others and book a PCR test.

If you've received a **positive PCR** result: You should stay at home away from others.

Don't forget to let your close contacts know if you are positive so they can start doing daily LFT tests.

Regardless of your vaccination status, after you have isolated for five days, and if you do not have a temperature, you can start doing LFTs to see if you are still infectious.

If you have two negative LFT results 24 hours apart, this is a good sign you no longer need to isolate – as long as you don't feel too unwell or have a temperature.

Before leaving isolation, you should submit your two negative LFT results online at **gov.je/testing**.

If you can't work because you are unwell and isolating after a positive PCR test result, you may be eligible to claim Short Term Incapacity Allowance.

Keep doing small actions to make a big difference



open windows and doors to let fresh air in



wear a mask in indoor crowded places or choose to meet people outdoors



wash your hands or use hand sanitiser regularly through the day



catch your coughs and sneezes in a tissue or your elbow.



Understanding your own personal risk

For some Islanders, COVID-19 is a far greater risk because of health conditions and age. Through vaccination, Islanders who are considered at increased risk now have better protection.

We also now have anti-viral medication which is available for some Islanders because of their underlying conditions to help reduce the severity of symptoms.

This means we no longer need to advise people who are at increased risk to shield, however, you should keep considering your own activities and measures of protection based on your own level of risk. For some, this may mean limiting the number of people

they see, avoiding certain settings and environments, or wearing a face mask when in enclosed public spaces.

Women who are pregnant are at increased risk of severe illness or pre-term birth if they contract COVID-19. Pregnant women are advised to get vaccinated against COVID-19 and take extra precautions in their day-to-day to protect themselves and their baby.



JERSEY

**COVID STATUS
CERTIFICATION**

Going on holiday or travelling

Before leaving Jersey, Islanders should:

- check the entry requirements of the destination country on the gov.uk foreign travel advice pages
- get up to date information from the website of their destination country.

Some places may ask you to prove your COVID status which may include your vaccination record, a negative test result, or evidence that you've recently recovered from a COVID-19 infection.

For those travelling to Jersey or returning home, there are no COVID-19 restrictions at our own border.



Check the entry requirements of the destination country on the gov.uk foreign travel advice pages.

To get your COVID Status Certification, visit **gov.je/covidstatus** or call the Coronavirus Helpline on **0800 735 5566**.

COVID-19 still remains a threat

Although we are in the post-emergency phase, we are not post-COVID-19, and while the virus is present, it remains a threat to our health and way of life. The current situation may change as we have seen in the past. But as we move away from legal restrictions, it is vital that we keep doing the right thing by maintaining the habits that have become ingrained in the way we live with COVID-19.

For more information

visit: gov.je/coronavirus or call the Coronavirus Helpline on **0800 735 5566**



[CovidAlert.gov.je](https://gov.je/coronavirus)



gov.je/vaccine



gov.je/covidrecovery (information about Covid Recovery programmes)



gov.je/testing



gov.je/covidstatus

**Thank you to everyone for your continued support.
Together, let's keep doing the right thing.**

Covid Alert app

You should continue to use the free Jersey COVID Alert app on your smartphone to help detect whether you've been exposed to someone with COVID-19 and to alert your close contacts if you test positive by PCR or LFT.



Download app

JERSEY
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NEW

If you submit a positive Lateral Flow Test (LFT) result onto the online portal (covidsafe.gov.je), you will automatically receive a six-digit code by SMS which can be used to anonymously alert your close contacts. This code should be entered into a section of the app called 'Tested positive for COVID-19'.

Any close contacts from the previous 72 hours who are also using the app will receive an exposure notification on their device and are then advised to do daily LFTs for ten days.