

10th MARCH 2020

ANY INDIVIDUAL RETURNING FROM THE FOLLOWING AREAS IN THE LAST 14 DAYS **WHO HAVE SYMPTOMS, EVEN IF THEY ARE MILD:**

Thailand	Singapore	Cambodia	France
Japan	Malaysia	Laos	Egypt
Hong Kong	Macau	Myanmar	
Taiwan	Vietnam	Indonesia	

Tenerife – returning since 17th February 2020

Germany – returning since 2nd March 2020

Mainland Spain – returning since 2nd March 2020

USA – returning since 10th March 2020

Switzerland – returning since 10th March 2020

Netherlands – returning since 10th March 2020

If you experience symptoms (fever, cough or shortness of breath, no matter how mild) and have returned from the above countries in the last 14 days, then **YOU MUST** go indoors, self-isolate and contact **Public Health Services Guernsey on 01481 725241**, or, if you are feeling very unwell, **phone 999** telling the operator of your symptoms and travel history.

Please do not visit your GP or the Emergency Department at the PEH unannounced.

This is for the good of the community, so that we can stop the possible spread of the disease COVID-19 which is caused by the novel coronavirus SARS-Cov-2. We appreciate your help and support in trying to minimise the spread of any infection in the Bailiwick.

Dr V Gray