

# ACTIVITY RISK GUIDANCE

Currently the level of COVID-19 activity in Jersey is low. This means that the chance of coming into contact with COVID-19 during any activity remains low, although some activities are considered higher risk than others.

## HIGHER RISK ACTIVITIES

- Activities with people you do not live with are higher risk. The larger the number of different people you encounter and spend time with the higher the risk.
- Activities where you may be less able to follow physical distancing guidance are higher risk. This becomes higher risk still if the time spent not following physical distancing guidance is longer than 15 minutes.
- Activities that are indoors are higher risk.
- Activities where you will have to touch surfaces or items that people you do not live with have also touched, are higher risk. This risk is lowered when you follow good hand hygiene guidance such as washing your hands frequently with soap and water for 20 seconds or using hand sanitiser (with 60-70% alcohol content).
- Not wearing a face mask increases risk, especially when you cannot follow physical distancing.
- Activities associated with increased production of respiratory droplets, such as singing, shouting, coughing or breathing heavily are higher risk, when done amongst a group of people.



## LOWER RISK ACTIVITIES

- Activities done on your own or with people you live with are lower risk. If you are going to spend time with people you do not live with, the smaller the number of people, the lower the risk.
- Activities where you can follow physical distancing guidelines are lower risk. If you cannot follow physical distancing guidance, the risk is lowered if the time spent not physically distancing is limited to less than 15 minutes.
- Activities that are outdoors are lower risk.
- Activities where you will not have to touch surfaces or items that people you do not live with have also touched, are lower risk. Following good hand hygiene guidance, such as washing your hands frequently with soap and water for 20 seconds, or using hand sanitiser (with 60-70% alcohol content) further lowers risk.
- Wearing a face mask reduces risk, especially when you cannot follow physical distancing.
- Activities associated with less respiratory droplet production, such as normal speech, are lower risk.



# Guidance for a variety of activities for Islanders at high and moderate risk

For a list of conditions that mean someone is at higher risk (high or moderate risk) regarding COVID-19 visit [gov.je/shielding](https://www.gov.je/shielding)

## **Education and Children**

Children and young people at high and moderate risk are encouraged to attend school. Children at high risk, or their parents, who feel it is not safe to return to school, due to a child or young person's particular circumstances or medical condition, are advised to contact their child's specialist doctor to discuss their situation. If it's decided, following discussion between the doctor, child and parents or guardian, that the risk of returning to school outweighs the benefits, then the child is not expected to return. Children at higher risk should be cautious to follow physical distancing and other public health guidance and advice while they are at school, where they are able to understand and follow this.

All other public health advice for Islanders at high and moderate risk also applies to children and young people in these categories.

## **Business and returning to work**

Islanders at moderate risk should be confident to return to most workplaces, as many have already done. Employees and employers are encouraged to discuss how to enable those at moderate risk of illness from COVID-19 to resume work confidently - including discussing additional mitigations where needed and possible, or enabling them to continue to work from home.

Those in the high risk category who are fit and healthy continue to be encouraged to take a risk-informed decision on whether to return to a workplace based on their particular circumstances. Again, employees and employers are encouraged to discuss how to enable those at high risk of illness from COVID-19 to resume work confidently. Islanders at high risk may choose to explore options of changing their working pattern or role with their employer, for example if their work requires them to interact with many people where physical distancing is not possible.

Islanders who are concerned that they cannot return to work safely, owing to their individual circumstances or medical condition, are advised to contact their GP or medical consultant for advice.

## **Shopping, dining and leisure**

Those at high and moderate risk are encouraged to continue to be cautious to follow public health prevention guidance, but to enjoy indoor activities, such as visiting a pub or restaurant or going shopping, where this is right for their own health and wellbeing.

**Visitors in your home**

If you are at high or moderate risk, any essential care or services delivered in your home should continue. If it is not essential, generally it remains safer to limit the number of people visiting, and to limit visiting the homes of others.

Visitors should be careful to follow public health information and advice, such as washing their hands when they enter your home, and should stay away if they have any symptoms of COVID-19.

**Health and dental care**

Islanders at high and moderate risk should attend any medical appointments they have and seek medical advice and support where needed, whether this is COVID-19 related or not. Those at higher risk do not need to worry about additional COVID-19-related risk when attending the hospital and should not avoid seeking treatment.

Pregnant women should continue to receive their antenatal care and can contact a midwife at the Bridge +44 (0) 1534 449139 or the Antenatal Clinic +44 (0) 1534 442495 in the hospital if they have any concerns.

**Travel**

Many other countries do not have the very low risk of exposure to circulating COVID-19 that Jersey currently has. Those at high and moderate risk are encouraged to make careful decisions about travel off-island, balancing the need to visit friends and relatives and enjoy leisure trips, with the risks of travel to places where there is increased viral activity. Appropriate travel insurance should be secured.

Public transport should be avoided where possible, as it may be more difficult to practice physical distancing. Car-sharing with those from different households should also be avoided, unless this is with a small number of people chosen to have physical contact with. Where these activities are unavoidable, it's even more important to follow public health prevention measures, such as using hand sanitiser and wearing a mask.

**Gatherings and events**

Those at high and moderate risk are encouraged to be mindful of the risks of attending larger gatherings. The larger the number of people present, the higher the risk, and so it is advised to avoid larger groups in general, and events where it might be more difficult to be physically distanced from others.