

What you need to do if you fall ill with COVID-19 symptoms whilst visiting

If you develop COVID-19 symptoms during your visit, do not ignore or try to hide your symptoms. It is important you act quickly to help yourself and protect those around you. It is your responsibility to stay safe and keep others safe.

COVID-19 symptoms are:

- **Anew, continuous cough**
- **High temperature**
- **A loss or change to your sense of smell or taste**

If you feel unwell and experience any COVID-19 symptoms you must:

- **Stay indoors and self-isolate**
- **Arrange a test using your holiday address**

Do not ignore your symptoms: self-isolating and getting tested quickly is the best way that you can stay safe and protect others.

You **MUST** notify your accommodation provider.

If you need medical advice while you wait for your test results please contact your regular (home) GP or call 111.

If you are staying or travelling with others, they must also self-isolate and take appropriate action based on your test result.

How do I book a test?

- **Call the Testing Helpline on 01626 204950 (Monday to Sunday, 9-5)**

Please use the address of your holiday destination:

Test results are issued by text or email

What should I do if my test is positive?

If you feel well enough to travel and you have private transport to return home from the mainland, you will be evacuated from the islands to the mainland free of charge. Please continue to isolate and await contact from the Incident Response Team.

If you feel so unwell that you cannot travel or cannot avoid public transport, you should continue to isolate and call 111 for further advice

It is important that you do not use public transport. You must also tell your accommodation provider that you have tested positive.

My test was negative, can I stay?

If you still have symptoms you need to call your regular GP or 111.

What happens if I'm contacted by the NHS test and trace service because I have been in close contact with a positive case?

You should immediately isolate, inform your accommodation provider and contact the Local Incident Response Team: outbreak@scilly.gov.uk Your holiday party doesn't need to self-isolate if you don't have symptoms, but they must take extra care to follow the guidance on social distancing and handwashing and avoid contact with you.

Who to contact if you're unwell?

- **If you are ill and need medical advice, call 111 or your own GP**
- **In the event of a medical emergency, call 999**

Further advice on COVID-19:

NHS: [nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)
UK Government: [gov.uk/coronavirus](https://www.gov.uk/coronavirus)