

# What you need to do if you fall ill with COVID-19 symptoms while 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:

- **A new, 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 PCR test using your holiday address**

Do not ignore your symptoms: immediately 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 immediately self-isolate and take appropriate action based on your test result.

## How do I book a test?

Call the Testing Helpline (Mon- Sun 8am to 5pm)

# 01626 204 950

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?

Please continue to isolate and await contact from the Local Incident Response Team. Members of your holiday party must also continue to isolate.

Please also inform your accommodation provider about your positive test result.

The Local Incident Response Team will make a decision, based on a number of safety factors, about whether you will be evacuated from the islands or be asked to isolate on Scilly. Whether you have travelled on public transport will be one of those factors.

## 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:  
[keepscillysafe@scilly.gov.uk](mailto:keepscillysafe@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**

