

Activity risk guidance for Islanders at high and moderate risk regarding COVID-19

This guidance is designed to help Islanders considered to be clinically high risk (severely vulnerable) and moderate risk (vulnerable) to make personal choices and balance risks relating to the activities they engage in.

Table 1. The below table sets out the principles that determine whether an activity is higher or lower risk. These principles also apply to children and young people who are higher risk.

Higher risk activity	Lower risk activity
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 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 cannot follow physical distancing guidance is higher risk. This becomes higher risk still if the time spend not following physical distancing guidance is longer than 15 minutes.	Activities where you can follow physical distancing guidelines is lower risk. If you cannot follow physical distancing guidance, the risk is lowered if the time spend not physically distancing is limited to less than 15 minutes.
Not wearing a face mask increases risk, especially when you cannot follow physical distancing.	Wearing a face mask reduces risk, especially when you cannot follow physical distancing.
Activities that are indoors are higher risk.	Activities that are outdoors are lower risk.
Activities associated with increased production of respiratory droplets, such as singing, shouting or coughing are higher risk, when done amongst a group of people.	Activities associated with less respiratory droplet production, such as normal speech, are lower 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.	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 further lowers risk.

Table 2: The below table shows guidance for a variety of activities for Islanders at high and moderate risk.

	Islanders at high risk	Islanders at moderate risk
Education and Children	<p>Children and young people who are at high risk <u>are not expected</u> to attend school. Parents are advised to contact their child's specialist doctor to discuss their situation if they feel this is not in their child's best interest. If it is decided following this discussion that the level of risk means children are likely to benefit more from returning to school than staying at home, they are advised to do so, whilst maintaining stringent physical distancing and other public health information and advice, where they are able to understand and follow this.</p>	<p>Children and young people who are at moderate risk <u>are encouraged</u> to return to school. It is likely that the benefits of attending school will outweigh the risks for these children. They should adhere to strict public health guidance including physical distancing and other public health information and advice.</p> <p>Parents who feel that their child should not return to school because they are at higher risk should speak to their GP or their child's care provider for further advice and guidance.</p>
Business and returning to work	<p>High risk Islanders should continue to undertake work from home where this is possible.</p> <p>If you are at high risk, <u>going out to work is currently not recommended</u>, unless for example you work alone and do not need to take public transport to travel to your work place.</p>	<p>Moderate risk Islanders should continue to undertake work from home where this is possible.</p> <p>If you are at moderate risk and home working is not possible <u>you may return to work where it has been agreed with your employer that this can be done safely</u>.</p>
Shopping, dining out and leisure	<p>High risk Islanders can undertake outdoor activities but are advised to <u>avoid indoor activities outside their home</u>. However, <u>decisions are personal</u> and the benefits of different activities should be weighed against the risk by each individual.</p> <p>If you are at high risk you may choose to avoid shopping and to seek support from ConnectMe by visiting www.gov.je/connectme or by phoning the Coronavirus Help Line on +44 (0) 1534 445566 to organise for groceries or other essentials to be delivered. You will also still be eligible for any medicine you are prescribed to be delivered to you.</p>	<p>Moderate risk Islanders can undertake both outdoor and indoor activities outside their homes, <u>but are advised to carefully follow key public health information and advice</u>, particularly when undertaking indoor activities.</p> <p>If you are at moderate risk, it is strongly advised that you only take part in activities you are confident can be carried out while following this guidance. For example, you may choose to only go shopping, to a restaurant or a hairdresser, where you are confident there is strict physical distancing and public health measures in place. You may also choose to do these activities less often where possible.</p>

	<p>If you do go out shopping you should carefully follow key public health information and advice. You may wish to do so when shops are quieter, or only go to those shops where you feel confident that you can easily follow physical distancing guidance.</p> <p>Dining outside as opposed to inside is advised when dining outside your home.</p>	<p>You may also choose to make adjustments to your routine such as going shopping at quieter times, or eating outdoors if you go out for a meal.</p>
Travel	<p>It is recommended that Islanders at high and moderate risk avoid public transport unless it is essential, as it may be harder to maintain physical distancing and avoid touching surfaces that people you do not live with have also touched.</p> <p>If you do use public transport wearing a mask will help reduce your risk.</p> <p>Car-sharing in private vehicles is discouraged unless it is with people you live with.</p>	
Health and dental care	<p>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.</p>	
Visitors and carers in your home	<p>Islanders at high and moderate risk are advised not to have visitors in their homes at this time unless it is to deliver essential care or other services.</p> <p>Essential care should continue to be delivered and care workers must carefully follow key public health information and advice. Carers should stay away if they have any of the symptoms of coronavirus (COVID-19), ensuring that alternative care is arranged.</p>	
Gatherings	<p>Those at high and moderate risk should try and keep the number of people they socialise with, that they do not live with, to smaller numbers and avoid situations where they will not be able to follow physical distancing guidelines. Gatherings with larger groups of people and those that are indoors should be avoided.</p>	