**Wednesday 18 March 2020**

**COVID-19 (CORONAVIRUS)**

Dear passenger,

There are now cases of coronavirus in Jersey and we would like your help to reduce its spread:

* Wash your hands frequently: frequent and careful hand washing is one of the most important ways of preventing the spread of infection. If soap, clean water and towels are not available, alcohol hand rub can be used. Avoid touching your eyes, nose or mouth unless your hands are clean.
* If you are aged 65 or older, you should practise social distancing. This means limiting unnecessary contact with people outside your household unless absolutely essential and keeping at least 3 feet (1 metre) away from anyone else.
* If you have flu-like symptoms, including a combination of a fever, a cough, muscle aches and headaches, should self-isolate for a minimum of seven days, until you are symptom-free.
* You should only travel into and out of Jersey if it is essential.
* Cover coughs and sneezes with a single-use tissue and dispose of it safely.
* Keep surfaces clean
* Avoid close contact with people who appear unwell and their personal items
* If you become unwell with a fever, cough or have difficulty breathing, seek medical attention by calling the helpline +44 (0)1534 445566

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| **Even if you don’t have any symptoms, you MUST self-isolate for 14 days from your date of departure from:** |
| * Andorra
* Armenia
* Austria
* Azerbaijan
* Belarus
* Belgium
* Bosnia and Herzegovina
* Bulgaria
* China
* Croatia
* Cyprus
* Czechia
* Denmark
* Estonia
* Finland
* France
* Georgia
* Germany
* Greece
* Hungary
 | * Iceland
* Iran
* Republic of Ireland
* Israel
* Italy
* Kazakhstan
* Kyrgyzstan
* Latvia
* Lithuania
* Luxembourg
* Malta
* Monaco
* Montenegro
* Netherlands
* North Macedonia
* Norway
* Poland
* Portugal (including Madeira)
* Republic of Moldova
 | * Romania
* Russian Federation
* San Marino
* Serbia
* Slovakia
* Slovenia
* South Korea
* Spain (including Mallorca, Menorca, Ibiza and Formentera)
* Sweden
* Switzerland
* Tajikistan
* Tenerife
* Turkey
* Turkmenistan
* Ukraine
* Uzbekistan
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| **You only need to self-isolate if you develop a fever, cough or difficulty breathing within 14 days of departure from:** |
| * Cambodia
* Hong Kong
* Japan
* Laos
 | * Macau
* Malaysia
* Myanmar
* Singapore
 | * Taiwan
* Thailand
* United Kingdom
* Vietnam
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If you develop a fever, cough or difficulty in breathing, continue to self-isolate and call the helpline on +44 (0)1534 445566.

If you feel very unwell, contact the ambulance service and tell them where you have arrived from.

The situation is changing rapidly. For the latest Government of Jersey advice, go to gov.je/coronavirus.

Yours faithfully,

**Dr Ivan Muscat
Deputy Medical Officer for Health**