



Department of Health and Social Care

Rheynn Slaynt as Kiarail y Theay

COVID-19 Direction Notice to Self-Isolate: Isle of Man Arrivals **The Emergency Powers (Potentially Infectious Persons)** **(as amended) Regulations 2020 ("the Regulations")**

As you are arriving on the Isle of Man during the COVID-19 pandemic, you are required to self-isolate. Other members of the household who you are living with during your period of self-isolation are **all** at risk of wider transmission of the virus to others, so you must ensure they also self-isolate.

The Department of Health and Social Care by virtue of the powers contained within the Emergency Powers (Potentially Infected Persons) Regulations 2020 now give you written notice in accordance with Regulation 13. The Directions specified below on self-isolation contain the conditions **you** must adhere to by law.

Your Direction Notice to Self-Isolate

This Direction is issued by the Department of Health and Social Care ("DHSC").

Pursuant to Regulation 6(2) of the Regulations, you are hereby required and **directed** to:

- (a) Proceed directly on arrival at the Isle of Man to the "specified premises" you have declared previously on the Public Health and Isolation Declaration online form as the location you will remain at for the duration of the 14 day self-isolation period ("the Direction Period").
- (b) The Direction Period will be the longer of the following periods:
 - (i) The date of your arrival on the Isle of Man until 9am on the following fourteenth day (day 1 is counted as the date of arrival and is referred to below as the commencement date) ("the Period").
 - (ii) PROVIDED ALWAYS that if you develop symptoms of COVID-19 during the Period the Direction Period will be extended so that it expires fourteen (14) days from the date on which your symptoms first started.

The commencement date of your Direction Period has been captured by the DHSC and may be disclosed to an authorised officer in order that this Direction can be enforced in the event of any breach, or for the purpose of monitoring ongoing compliance with these Conditions during the Direction Period.

- (c) Remain at the specified premises for the Direction Period unless you are required to leave for the purposes set out below:
 - (i) if you are advised by 111, you are permitted to leave the premises to attend the COVID-19 testing centre; or
 - (ii) if you require emergency medical treatment; or
 - (iii) if you are directed by emergency services; or
 - (iv) authorised by an officer of the DHSC.
- (d) Members of the household will be considered to be potentially infectious for the purposes of Regulation 10 (2) and must also self-isolate in accordance with that Regulation.
- (e) You may exercise within a garden (or other grounds) that forms part of the specified premises where you are self-isolating. If the property has access to a garden (or other grounds) that is shared with others outside your household, you may only use it for exercise when others outside your household are not present in it.

- (f) If the specified premises where you are self-isolating does not have access to a garden, you may not leave the property to exercise.
- (g) You are required to ensure you have adequate support available for the delivery of food or medicines to the specified premises; as you are not permitted to leave your premises for ANY purpose other than those specified in (c) above.
- (h) You must not permit any person to enter the premises other than (i) a medical professional providing care to you or a member of your household; (ii) a member of the emergency services who requires entry for the purpose of their work or (iii) a person authorised by the DHSC.
- (i) If you or any other person in your household develops relevant symptoms you must telephone 111 for further advice. This may include testing and the 111 telephone service will confirm that if you or the member of your household who develops symptoms must follow a further 14 day period of self-isolation from the date of their own symptoms. You may receive a further Direction Notice from 111.

Pursuant to Regulation 12 of the Regulations, if you are a responsible adult with custody, charge or parental responsibility for a child, you must so far as is reasonably practicable, ensure that any child within your household complies with this Direction issued and imposed on the said child (Regulation 12(2)).

Important Information

It is an offence under Regulation 18(d) of the Regulations to knowingly provide false or misleading information in response to a requirement to provide information under these Regulations or otherwise in connection with the exercise of any power under these Regulations. In the event that you fail to abide by any Direction, reasonable instruction or requirement in accordance with the Regulations, you will be liable to arrest and prosecution pursuant to Regulation 18 (a) of the Regulations. Maximum penalty (summary – 3 months custody, a fine not exceeding level 5 on the standard scale or both).

If you have any queries concerning this Direction the DHSC would recommend that you take independent legal advice from an advocate. The Isle of Man Law Society will help you in securing the assistance of an advocate if necessary, The Isle of Man Law Society can be contacted on 01624 662910 email: enquiries@iomlawsociety.co.im

For more information about what information we collect and how we use your information, please visit our Privacy Notice which can be accessed via the link below:

<https://www.gov.im/about-the-government/departments/health-and-social-care/health-and-social-care-privacy-notice/>

The DHSC will share your personal information with authorised persons who may contact you to ensure you are meeting the conditions of this Direction. This may include whether you have developed COVID-19 symptoms. Anyone who is subsequently tested positive for COVID-19 will have their details shared with the Contact Tracing Service so any close contacts to a positive COVID case can be followed up and advised to take necessary isolation measures.

If any person in your household develops symptoms you should telephone 111 for advice. In the case of emergency you should telephone 999 and ask for an ambulance.

Information on support and services available in our community that may be valuable to you during this period, plus information on the government guidelines published on gov.im, can also be accessed via the **Covid-19 Community Support Information line** (this line is for non-medical calls and queries) by telephoning: **686262**.

Kathryn Magson
Interim Chief Executive Officer
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Household Self-Isolation Guidance

Advice for Members of the Household where you are isolating and who DO NOT have Symptoms

Members of the household will be considered to be potentially infectious for the purposes of Regulation 10 (2) and must also self-isolate in accordance with that Regulation.

The information provided below is advisory and does not form part of the Direction Notice but is recommended from Public Health (Isle of Man); see: <https://covid19.gov.im>

General Advice

- Wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser.
- Aim to keep socially distanced from people in your household. If you can, you should use a separate bathroom from other people.
- Cover your mouth and nose with disposable tissues when you cough or sneeze. If you do not have one to hand, sneeze into the crook of your elbow, not into your hand.
- Dispose of tissues into a disposable rubbish bag and immediately wash your hands with soap and water or use a hand sanitiser.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Only members of your household who are not suffering relevant symptoms of COVID-19 are permitted to leave your premises to undertake reasonable exercise (taking into account the surroundings and the requirement to socially distance). They should **not** leave your home for work, shopping or to collect medicines.

If you or any other person in your household develops symptoms they must telephone 111 for further advice. A further Direction Notice maybe issued to them to self-isolate and remain at home for 14 days.

Relevant symptoms of COVID-19 are: a temperature of more than 37.8C (100F) or a new and persistent cough or anosmia – this is the loss of or a change in your normal sense of smell. It can also affect your sense of taste as the two are closely linked.

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