

## What to do if you suspect you have Covid-19/Corona Virus during your stay

Immediately inform the property owner (Gaby Cooper) by phone on 01624 671094 or 07624 439970.

Self-Isolate immediately to minimise transmission. Any other guests should also self-isolate.

### Covid-19/Coronavirus symptoms include:

- a temperature of more than 37.8C (100F)
- OR, a new and persistent cough - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- 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
- OR, a new shortness of breath

If you develop any of the above symptoms, please now complete the Isle of Man COVID-19 Screening Assessment which can be found here: <https://services.gov.im/covid-19>

Completion of this assessment will decide whether a further telephone assessment needs to be undertaken by calling the Isle of Man COVID-111 telephone service or if no further action is required.

Clinical advice is that **the incubation period for the virus can be as long as 14 days**. Individuals can have the virus for this time without showing symptoms but still be infectious to others.

This is why **it is imperative** whether you are at work, or outside the home, **that you must observe strict social distancing guidelines**. A new, more transmissible variant of COVID-19 has been identified in the UK and as a result the Isle of Man has introduced **new self-isolation** requirements for those returning to the Island.

### Emergency warning signs

If you develop any of the following emergency warning signs for COVID-19 please seek medical attention immediately by calling 999.

Emergency warning signs include\*:

- difficulty breathing or shortness of breath
- persistent pain or pressure in the chest
- new confusion or inability to rouse
- bluish lips or face

\*This list is not exhaustive.

Please consult your GP or MEDS out of hours service for any other symptoms that are severe or concerning.

Call MEDS direct on: +44 1624 650355

The Manx Emergency Doctor Service (MEDS) is an 'out-of-hours' emergency service that will operate when your doctor's surgery is closed. The out-of-hours service is only for emergencies that cannot wait until the next working day.

### **I have had a Covid test during my stay. What should I do if my test is positive?**

You must follow the advice of the Isle of Man COVID-111 telephone service.

If you have to self isolate in the Lodge we regret that we will have to charge for extended occupancy.

If the you are unable to return home, we will discuss meal and laundry provision with you, however please note you will also be liable for any additional costs in relation to your self-isolation period such as food and medicine deliveries and laundry services.

We do not accept any responsibility for any matters beyond our control or for any COVID –19 related matters that occur whilst you are staying in the Lodge.

### **My test was negative, can I stay?**

Stay and enjoy your visit as planned provided that is in line with the advice you have received from the Isle of Man Covid-111 telephone service and that the Isle of Man Contact Tracing service has not advised you to self-isolate.

If you are still feeling unwell and need medical assistance, please call your own regular GP or the numbers listed above.