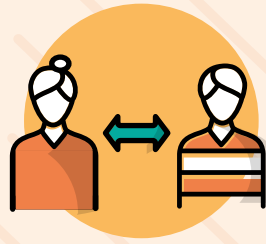




Living with COVID-19

Advice and Recommendations



Isle of Man
Government

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For further information
please visit [covid19.gov.im](https://www.covid19.gov.im)

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Introduction

On 1 April 2022, the Isle of Man removed all remaining COVID-19 restrictions- a signal of the Government's move to treat coronavirus as an endemic disease similar to other illnesses such as flu and norovirus.

A virus is 'endemic' when there are “**persistent, low or moderate levels of disease**” in a given geographical location, according to the Communicable Disease Control Handbook.

Since the start of the pandemic, a lot has been understood about the virus, which has now allowed us to be better prepared in how to protect and look after ourselves and others.

The changes mean that there will no longer be a legal requirement to isolate following a positive test, but guidance will be issued for people to follow. All border restrictions will be lifted, including the need for isolation or testing for all travellers, and the requirement to complete a travel declaration, or landing card.



[Click here to view the COVID website](#)



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Moving to an endemic approach

In moving to an endemic approach, there are five key conditions that must always be present:

- 1 Our health services are operating normally
- 2 Vaccines remain available and effective
- 3 There are no new variants of concern that may lead to serious consequences
- 4 The situation on Island is stable
- 5 The situation in the British Isles is stable

The past two years have been challenging for the community and it is a testament to everyone who has played their part that the Island is in the position it is in today.

The Government acknowledges that there will be times when case levels are high, but it is important to understand that due to the successful vaccination programme, these numbers are not translating to people becoming seriously ill.

As we move into this more normal way of life without legal restrictions in place, we need individuals, as well as employers, to support the key message of staying at home when feeling unwell.

It is important to understand that this move does not mark the end of the pandemic. We all need to remain vigilant and recognise that this will only succeed if we follow the guidance available to keep each other safe, and protect our community and critical services.

Community measures

Although all legal restrictions around mandatory isolation have now been removed, if we're to maintain this position of moving forward, it is essential that the community continues to do the right thing. Going forward, this includes:



Be Smart and take up your offer of vaccinations and boosters to protect yourself and others



Be Safe and continue to practise good basic hygiene- think hands, face, space and fresh air



Be Kind and self-test when showing symptoms of COVID-19 or before visiting a vulnerable person, in order to make informed personal decisions



Be Aware and respect the personal choices of others

Individuals outside of specified groups (e.g health and care workers) **no longer need to test regularly** when they are asymptomatic unless they are going to visit a vulnerable person or have been asked to do so when attending a health or care setting.

Testing positive for COVID-19

If you test positive for COVID-19 you should try to stay at home and avoid contact with other people until you have a negative LFD test result or until 5 days after the day of your first positive result. If you are feeling unwell or have symptoms of COVID-19 but have not tested positive, you should try to stay at home and avoid contact with other people until symptoms have subsided and you feel better, just like you would with any other respiratory infection, like a cold or flu.

If you have a positive COVID-19 test result, even if you do not have any symptoms, you can still pass on the infection to others. In this case, try to stay at home and avoid contact with other people until you have a negative LFD test result or until five days after your first positive result.

You should also follow guidance to avoid specific settings (e.g. health or care settings) if requested to do so and consider testing if you are visiting vulnerable friends and relatives.

The main symptoms include any of the following:



- A high temperature or shivering (chills)
- A new, continuous cough
- A loss or change to your sense of smell or taste
- A shortness of breath

Other symptoms include feeling tired or exhausted, an aching body, a headache, a sore throat, a blocked or runny nose, loss of appetite, diarrhoea, and feeling sick or being sick

Positive cases are also encouraged to:

- Report your positive result online
- Stay warm, keep hydrated and take normal flu and cold medication

- Try to work from home if you can and if well enough - if unable to talk to your employer about other options available
- Ask friends and family to get food and other essentials for you
- Not invite social visitors into your home, including friends and family
- Postpone all non-essential services and repairs that require a home visit
- If you can, let people know who you have been in close contact with know about your positive test result

Leaving the house when positive

If you do need to leave your home while you are still testing positive, you should take the following steps to reduce the chance of passing on the infection to others:

- Wear a well-fitting face covering made with multiple layers or a surgical face mask
- Avoid close contact with anyone you know who is at higher risk of becoming severely unwell if they are infected with COVID-19
- Avoid crowded places- if you need to take public transport, avoid busy times, for example by using off peak services
- Avoid large social gatherings and events, or anywhere that is poorly ventilated, crowded, or enclosed
- Limit close contact with other people outside your household as much as possible
- Be especially careful with your hand and respiratory hygiene

Advice for close contacts

If you live with, or have stayed overnight in the household of someone who has tested positive for COVID-19, you are advised to:

- Minimise contact with the person who has COVID-19
- Pay close attention for the main symptoms of COVID-19 and self-test if any develop
- Let your employer know as each business is different and will have their own unique policy
- Avoid contact with anyone you know who is at higher risk of becoming severely unwell if they are infected with COVID-19
- Think about contact with other people outside of your household, especially in crowded, enclosed and/or poorly ventilated spaces
- Wear a well-fitting face covering made with multiple layers or a surgical face mask in crowded, enclosed and/or poorly ventilated spaces and where you are in close contact with others

Children and young people who usually attend an education or childcare setting and who normally live with someone who has COVID-19 should continue to attend the setting as normal.

If you are a contact of someone with COVID-19 but do not live with them or did not stay in their household overnight, you are at lower risk of becoming infected and should continue to follow general guidance on how to stay safe and prevent the spread.

Testing

Lateral Flow Device (LFD) tests

You can still order free LFD tests but routine testing if you are asymptomatic is no longer advised. Please contact your local pharmacy to see if kits are available and if any collection restrictions are in place.

Click here
to order
LFDs



Orders will normally be delivered the next day if the order is received prior to 4pm. This may vary depending on the resources and supplies available at the time.

Anti-viral treatment

There is specific anti-viral treatment available for people who are at risk of becoming seriously ill if they contract COVID. If you test positive on an LFD, and have received a letter of eligibility from the NHS or have a condition listed please contact your GP to access the pathway.



Click here to check if you're eligible



Regaining your confidence to return to normal



COVID-19 has affected us all in different ways, and it's been a worrying time for lots of us. As the situation changes, you might feel nervous about the future or frustrated by the way your life has changed. It's important to remember it's OK to feel this way and that everyone reacts differently. For most of us, these difficult feelings will pass.

There are simple things we can do to help manage the way we feel and make it easier to adjust:

Take small steps

Try to set yourself small but manageable targets. Start with activities that are important to you and feel achievable – like meeting close friends and family for a coffee or snack outside – and gradually build up from there.

You may also wish to wear a face covering for your own protection if this helps you to feel more confident.

Make sure everybody is on the same page

Before socialising with others, talk about the situation with them to make sure everybody is on the same page about what feels comfortable. Being aware of everybody's fears and expectations can help to avoid conflict.

Talk to somebody

It's easy to feel isolated or lonely when we're struggling. Opening up to a person we trust can be really helpful, whether it's a friend or family member, a GP or an organisation's helpline or online forum.

Focus on the present

When there is lots of change happening, we can get caught up in worrying about the future and the past. Instead, try to shift your focus to the present – make plans but try not to dwell on “what ifs” or what was “supposed” to happen.

Relaxation, mindfulness or getting outside and enjoying nature are all good ways to help you focus on the present.

Use a credible source for information

There may continue to be lots of information circulating about COVID-19 which can sometimes feel overwhelming and conflicting. Find a credible source you can trust, such as this leaflet and [covid19.gov.im](https://www.covid19.gov.im) to fact-check information.

Think about how inaccurate information could potentially affect others too, and try not to share anything without fact-checking against credible sources.





Produced by Isle of Man Government

For more information please visit
[covid19.gov.im](https://www.covid19.gov.im)

