

# St Helena Home Quarantine



# MYTHBUSTERS

## MYTH

People quarantining at home are more likely to breach quarantine

## TRUTH

Feedback from arrivals who have quarantined at home reported improved mental wellbeing due to being in familiar surroundings. People are very aware of their responsibilities and felt a moral obligation to not break quarantine. St Helena has some of the strictest penalties for breach of quarantine amongst all of the UK overseas territories.



**MYTH:** Bradley's Camp is the best place for quarantine

**TRUTH:** Bradley's has limited capacity and prevents Island residents from returning to St Helena. It has been found to be harder to keep people physically apart at Bradley's rather than at home.

## MYTH

People quarantining at home are able to roam all over the Island as they wish

## TRUTH

Measures are in place to ensure people do not break quarantine. These include daily phone calls, spot checks, continued communication with arrivals and community policing. The law also addresses breaches of quarantine which serves as a severe deterrent. If you suspect someone of breaching quarantine, you should not approach them but call the police.

## MYTH

Quarantining at home means a higher risk of community spread

## TRUTH

Quarantine is recommended as an effective tool to prevent the spread of COVID-19 and is widely used in most countries as part of the response to COVID-19. Quarantining at home does not present a higher risk of community spread.

**MYTH:** St Helena is the only place using home quarantine

**TRUTH:** Home quarantine is widely adopted throughout the world in response to COVID-19. There are other Island models that provide examples - Ascension, Falklands, Guernsey and Isle of Man, who are COVID-19 free, practice quarantine from preapproved homes, hotels or rented accommodation.

## MYTH

The health service could not cope if there is a case of COVID-19 on St Helena

## TRUTH

The Health Directorate is able to respond to and manage outbreaks or clusters of COVID-19. Social distancing, proper hand hygiene and proper respiratory hygiene will help prevent the spread of COVID-19.

**MYTH:** Home quarantine will put the Island at risk

**TRUTH:** The basic principle of quarantining for 14 days is applied – just in a different location. There is no increased risk as long as quarantine rules are followed.

**MYTH:** If someone is in quarantine in a home near me I will get COVID-19

**TRUTH:** If everyone follows the rules and regulations by the Health Directorate, keep physical distancing (two metres apart), do not share food, or any other items and goods, and have no direct contact then you will be safe.